



the **A**DVOCATE

VOLUME 42 | ISSUE 1

ALBERTA COLLEGE OF SOCIAL WORKERS

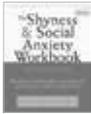
positive social change
 marvelous history
 sufficient common ground
 common ground
 unique beings
 diverse strong
 diverse ways to be strong
 superb heroes
 heroes
 feminism
 marvelous



Themes to Inspire
 From keynote speaker Mary Valentich
 Connecting our profession's past and present at ACSW Conference 2017 to guide social workers into the future.
 Page 24



CLINICAL FOCUSED WORKSHOPS



EVIDENCE-BASED TREATMENT OF ANXIETY & RELATED DISORDERS

• **MARTIN ANTONY, PH.D.**

Calgary | April 24 & 25, 2017



2 DAY INTENSIVE DBT WORKSHOP

Using Dialectical Behaviour Therapy to Treat Emotion Dysregulation Disorders Seminar

• **SHERI VAN DIJK, MSW**

Calgary | May 17 & 18, 2017



EVIDENCE-BASED TREATMENT OF PERSONALITY DISORDERS

Simple Techniques for Treating Your Most Difficult Cases

• **JEFF RIGGENBACH, PH.D.**

Red Deer | May 25 & 26, 2017



THE PAIN PARADOX

The "Third Wave" of Mindfulness-Compassion Based Approaches for PTSD and Complex Trauma

• **JOHN BRIERE, PH.D.**

Edmonton | May 31 & June 1, 2017



3 DAY MINDFULNESS INTENSIVE

• **MICHAEL STONE, MA**

Banff | July 3-5, 2017



4 DAY COGNITIVE BEHAVIOUR THERAPY INTENSIVE

• **DAVID BURNS, M.D.**

Banff | July 17-20, 2017

CHILD & YOUTH FOCUSED WORKSHOPS



ADVANCED TRAINING - 2 DAY INTENSIVE UNDERSTANDING & HELPING BEHAVIOURALLY CHALLENGING KIDS
Collaborative & Proactive Solutions

• **ROSS GREENE, PH.D.**

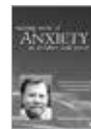
Lethbridge | March 30 & 31, 2017



MAKING SENSE OF ANXIETY

• **GORDON NEUFELD, PH.D.**

Calgary | April 5 & 6, 2017



MAKING SENSE OF EMOTIONS

The Science of Emotions & Their Impact on Behaviour

• **GORDON NEUFELD, PH.D.**

Calgary | April 7, 2017



PROVEN & EFFECTIVE PLAY THERAPY STRATEGIES

With Children, Adolescents and Children of All Ages

• **CHRISTINE DARGON, PH.D.**

Edmonton | May 1 & 2, 2017



THE MAGIC OF SAND TRAYS

An Amazing Tool for Change and Healing

• **CHRISTINE DARGON, PH.D.**

Edmonton | May 3, 2017

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FEATURES

8 FEATURE ARTICLES

- 8 MORE THAN TWO: GENDER IDENTITY AND INCLUSION AT ACSW
by Lynn Labrecque King and Rachel Braeuer
- 9 MOVING BEYOND THE CLICHÉS OF SELF-CARE by Faye Hamilton
- 22 A LIFESPAN WELL-LIVED
- 24 FINDING COMMON GROUND: KEYNOTE SPEAKER MARY VALENTICH
by Debby Waldman

4 AROUND OUR PROVINCE

AROUND OUR PROVINCE by Charity Lui

10 IN THE NEWS

- 10 WELCOME TO NEW RSWs
- 11 2016 BURSARY AWARD WINNERS

14 ETHICS IN ACTION

CHANGES AHEAD: MORE ON ELIGIBILITY CRITERIA CHANGES FOR THE CLINICAL SOCIAL WORK REGISTRY by Sheryl Pearson

15 THE VOICES OF PRIVATE PRACTICE

COMPASSION FATIGUE AND ITS RELEVANCE IN PRIVATE PRACTICE by Teresa Winfield

16 SOCIAL JUSTICE WORKS

MOVING FORWARD ON THE TRC'S CALLS TO ACTION by Julie Mann-Johnson and Maxine Salopree

18 RESEARCH & LEARNING IN ALBERTA'S COMMUNITIES

- 18 U OF C'S EDMONTON CAMPUS MOVES DOWNTOWN by Don McSwiney
- 19 GLOBAL RESEARCH ON SOCIAL PROBLEMS by Brenda Joyce

21 POETRY

FENCES by Julie Smith-Allen

27 VITAL VOLUNTEERS

MEET RICHARD GREGORY by Tara Hogue Harris

28 FOR YOUR INFORMATION

- 7 THE ADVOCATE EDITORIAL POLICY
- 28 FOR YOUR INFORMATION

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Around our province

by Charity Lui, BSW, RSW

ACSW Staff Updates

ACSW welcomes **Suzanne MacKinnon, MSW, RSW**, to the role of Associate Registrar with our College. Ms. MacKinnon comes from British Columbia and brings rich experience as a Clinical Social Worker in Colorado. Stay tuned for an interview with Ms. MacKinnon in the next *Advocate*.

We also welcome **Kim Hyggen** and **Audrey Kent**, Finance and Administrative Officers; and Administrative Support professionals **Tami Carlin** and **Toni Harrison**.

Alberta Social Workers Recognized

ACSW President **Richard Gregory, MSc, RSW**, was awarded the Sunny Andrews Award for Outstanding Commitment to Social Work Regulatory Board Service in November. Please see more information on page 27.

Dorothy Badry, PhD, RSW, received the Premier's Award for Excellence in Education in December, for her work in educating social workers and others about Fetal Alcohol Spectrum Disorder.



Dorothy Badry

Ai Thien Tran, BSW, RSW, was recently featured in Maclean's magazine. The article outlines his courageous journey as a refugee from Vietnam to his present-day social work career. Visit www.macleans.ca and search for 'Ai Tran' to read his story.



Ai Tran

Linda Crockett, MSW, RSW, and **Pat Ferris, MSW, RSW**, have organized a petition requesting that workplace psychological violence be included in the Alberta Occupational Health and Safety Act. Recently, the petition and bill number 208 were tabled at the Legislature.



Wendy Gaucher-Bigcharles and Linda Crockett with MLA Craig Coolahan



Wendy Gaucher-Bigcharles and Linda Crockett

CHARITY LUI is the Membership Activities Coordinator for the northern part of our province. You can contact her at Charity@acsw.ab.ca regarding submissions for the *Advocate*.



ACSW Holiday Events

Fort McMurray Area Coordinators hosted a holiday brunch December 4th at Smitty's restaurant. Area Coordinators said this was the "best holiday event ever!" Lac La Biche Area Coordinators hosted a holiday networking event with lunch on December 19th.

High Prairie Area Coordinators hosted a turkey dinner December 14th.



Fort McMurray holiday event

The Edmonton Holiday Social, on November 24th, highlighted the lovely Jivin' Belles band, activities for children and a visit from Santa Claus. Fellow social workers Minister **Lori Sigurdson, MSW, RSW**, and MLA **Nicole Goehring** attended the festivities.

The Calgary Holiday Social was held December 1st at the Wild Rose Brewery. Circles of Rhythm invited social workers to join a drum circle where they learnt of the therapeutic and personal value of drumming.



Social Workers at Calgary social enjoying drumming with Jamie Gore



The Honourable Lori Sigurdson and MLA Nicole Goehring at Edmonton holiday social



Evera (future social worker), Jenn Vasquez, Lynn Labrecque-King, Julie Mann-Johnson, Raveena Parsons and Noreen Majek at Edmonton holiday social



Public Member Murray Hiebert (Santa) entertains at holiday event

ACSW Workshops

In High Level, on October 17th, **Tamara Gartner**, RPsych, RSW, delivered a workshop on the topic of working with sexual and gender minority children, youth, adults and families. This was the first workshop ACSW had organized in High Level with new area coordinator **Emily Horeck**, BSW, RSW. If you have ideas for upcoming workshops in High Level, please contact charity@acsw.ab.ca.

On October 20th, Fort McMurray Area Coordinators presented a workshop with **Valerie O'Leary** titled Social Work in the Aftermath of a Community Disaster. The workshop provided practical strategies for local social workers and an opportunity to reconnect.

Calgary Area Coordinators and Mount Royal University organized a workshop with **Dr. Carolyn Anderson** titled The Daring Way™ on October 29th. This well-attended workshop included examining personal growth and the importance of recognizing our values.

The ACSW Edmonton Child and Youth Interest Group presented Youth Speak Out on December 7th. Youth Speak Out is a group of young people who come together to share their stories of being involved with Children's Services.



Participants at the Calgary Daring Way™ workshop; photo by Linda Craig

Sharing Knowledge Across the Lifespan

What would you like to ask a veteran social worker? What do you wish you'd known as you began your practice?

This year's ACSW conference theme is *Social Work Across the Lifespan: Opportunities and Directions*, and the Advocate would like to give you the opportunity to connect with your colleagues at all stages of their social work lifespans.

Send us the questions you'd like to ask a more experienced social worker, or the advice you'd like to share with those just beginning their practice. Thank you, and look for your replies in upcoming issues of the Advocate!

Annual General Meeting Notice

ACSW Annual General Meeting

BMO Centre – Calgary

March 31st, 5 pm

All are welcome to attend!

Upcoming ACSW Events

March 5 - 11, 2017

Social Work Week: The Power to Empower

Send photos of your Social Work Week celebrations to charity@acsw.ab.ca or tweet them out using the hashtags **#swweek2017** and **#socialworkersAB**. See acsw.ab.ca for activities!

March 15, 2017

Lethbridge Social Work Forum Compassion and Action: Kimmapiiyipitssin Social Work with First Nations Children Today and for the Future

For details, contact Wendy Sera at **403-329-2119** or wendy.sera@uleth.ca

March 30 - April 1, 2017

ACSW Annual Conference - "Social Work Across the Lifespan: Opportunities and Directions"

Register online at acsw.ab.ca

June 15 – 16, 2017

Central Alberta Conference - "Finding Our Way: Social Work on Shifting Ground", Red Deer College

THE ADVOCATE EDITORIAL POLICY

The *Advocate* is the official publication of the Alberta College of Social Workers (ACSW) and is published quarterly for members of ACSW and other interested parties. The *Advocate* Editorial Board encourages submissions from all social work practice areas and perspectives, including: social work research, theory, practice, and education; professional affairs; social issues; the work of the College; member activities; continuing education and job opportunities; reviews of books, journals, and other media of interest to social workers.

Articles of up to 1000 words and letters of up to 500 words will be considered, but publication is not guaranteed. Writing from social workers who are ACSW members will be given preference. Copy may be edited to fit the space available or for legal or other reasons. Please contact the ACSW office for full submission guidelines.

PUBLICATION SCHEDULE AND DEADLINES

Spring issue:	January 1 deadline for general submissions (articles, letters, etc.)	January 15 for advertising
Summer issue:	April 1 for general submissions	April 15 for advertising
Fall issue:	July 1 for general submissions	July 15 for advertising
Winter issue:	October 1 for general submissions	October 15 for advertising

ALL SUBMISSIONS

The *Advocate*, ACSW, 550 10707 100 Avenue NW, Edmonton AB T5J 3M1

ATTN: Charity Lui: charity@acsw.ab.ca • PHONE: 780-421-1167 • TOLL-FREE: 1-800-661-3089 • FAX: 780-421-1168

More than Two: Gender Identity and Inclusion at ACSW

by Lynn Labrecque King, MSW, RSW, and Rachel Braeuer, BA

In many ways, social work is a research-based profession. This involves collection of data. Traditionally, we are used to being asked to indicate demographic information for records, from birth certificates to applications serving a multitude of purposes. Gender is one of those items typically included on applications including the registration of social workers.

This past year, a resolution was made and adopted at the ACSW Annual General Meeting to offer our support to Gay Straight Alliances across Alberta and included a clause stating: “And, be it further resolved, that the ACSW take an active role in the movement towards ending the inequality and oppression of the LGBTQ+ community.”

As a professional body, we made a commitment to moving in the direction of equality and acceptance for all. In September, 2016, after education and consultation with external bodies, the Sexual and Gender Diversity Member Interest Group of ACSW presented a proposal to Council that ACSW make changes to the membership registration form to be inclusive of members who do not identify strictly within the woman-man gender binary. (More information on non-binary and gender non-conforming identities can be found at www.genderdiversity.org).

Council agreed with the importance of taking action for inclusivity and supported the recommendation to be piloted throughout 2017. Effective January 2017, all members will have options that are intended to be inclusive. In addition to the “Female” or “Male” section of the form, there is now a listing where members and new applicants are welcome to self-identify however they choose. The menu includes:

- Woman
- Trans-Man
- Gender Queer
- Man
- Non- Binary
- Gender Fluid
- Transgender
- Third Gender
- Agender
- Trans-Woman

Change often starts from within. The Sexual and Gender Diversity Member Interest Group hoped this change would

be a stepping stone towards greater inclusivity within the ACSW, but could also be an example of how to be inclusive with the populations we work with.

The Sexual and Gender Diversity Member Interest Group was implemented in 2015. Their goals are to promote sexual and gender diversity and inclusivity internally (for ACSW members) and externally (for the greater population), and to encourage inclusive language and spaces within both. There is also a focus on participation in Sexually and Gender Diverse events that promote inclusion and awareness, e.g. Pride Festivals, Trans Day of Remembrance (TDOR), Trans Day of Visibility (TDOV), Bisexual Visibility Day, etc.

The group also acts as an advocate, penning letters in support of Minister Eggen’s education guidelines, and will shortly be publishing a position statement in opposition to reparative therapy, i.e. gay straight conversion therapy, which is opposed or recommended against by various international professional bodies, including the Canadian Association of Social Workers, National Association of Social Workers, the American Psychiatric Association, and the American Association of Marriage and Family Therapy.

The Sexual and Gender Diversity Member Interest Group meets via teleconference on the last Thursday of each month for one hour. Those interested in joining can contact Heather Johnson for more information at heatherj@acsw.ab.ca.

LYNN LABRECQUE KING is the Executive Director and Registrar for ACSW. Contact her at LynnLK@acsw.ab.ca to share your thoughts on this or any other topic.



RACHEL BRAEUER is the LGBTQ+ Program Coordinator with Sageesse in Calgary. She is an educator, facilitator, and writer with a background in sexuality and gender studies.



Moving Beyond the Clichés of Self-Care

by Faye Hamilton, MSW, RSW

Last issue, the Advocate shared Faye Hamilton's article "Beyond Self-Care: Broadening our Response to Trauma Exposure". We asked Advocate readers to tell us their thoughts on changing the conversation around self-care. Here's what we heard:

I just read Faye Hamilton's article in the latest Advocate, and I couldn't agree more! As someone who also works with a lot of trauma, I also understand how difficult it can be to work with highly traumatized clients. There is difficulty in hearing the stories but also in managing the complexity of the interventions that are required to effectively assist clients to resolve their trauma. It can be highly rewarding work but also highly draining.

I believe that personally I practice excellent self-care. I have no difficulty setting limits with how much or with whom I work (I'm in private practice) and I know what works to recharge me. Despite that, it is necessary to practice what I preach; i.e., we teach our clients affect-regulation skills to assist with managing their triggering but often we don't do the same. Becoming more aware of how we are being triggered while working with clients, and learning and practicing the strategies to regulate that, both during and after sessions, is crucial to surviving this work. There is also often a need to debrief and process our own responses to our clients with appropriate supports.

I believe the impact on therapists of vicarious traumatization can be significant. I would never dream of telling my traumatized clients to simply take better care of themselves and neither should we as therapists feel that to be sufficient for managing our responses to our traumatized clients.

Laurie Fisher, MSW, RSW

I highly enjoyed reading the article by Faye Hamilton on broadening our response to trauma exposure. I think she is spot-on and recommend we take more of this approach in supporting our colleagues and working in all the areas we do often encounter trauma, past or current.

Audrey Ferber, MSW, RSW

More to say on this issue? We'd love to hear from you! Email your thoughts on self-care to Charity Lui at charity@acsw.ab.ca.

I appreciate the feedback on the article. There were a few points which really connected to me. Particularly, the idea that we should apply the same principles of trauma-informed treatment to ourselves and to our colleagues as we do to those we serve made a great deal of sense to me. This is a human experience which needs to be met with empathy and kindness. The importance of practicing self-compassion and allowing ourselves to ask for help when we are struggling can never be overemphasized. Let's keep talking about this in our workplaces!

Faye Hamilton, MSW, RSW

FAYE HAMILTON has worked in high trauma-exposure fields throughout her career and is currently completing doctoral studies on early service workers and trauma exposure. She teaches in the School of Social Work at MacEwan University and is a partner in Walking Beside Trauma, a private practice focused on supporting organizations and individuals who work with traumatized people. Go to www.walkingbesidetrauma.ca to learn more.



Welcome to New RSWs

Total Membership as of January 23, 2017: 7,770

Rahma Farah Abdi	Susan Dumontet	Kristy Brianna LeBlanc Jackson	Thomas Shajan
Dinah Agyapong	Sijo Eapen	Maggie Elizabeth Lipman	Teddi Shaw
Megan Genevieve Asselin	Annelies Engel	Vivienne Marie Livingstone	Peter Sheffield
Tokozani Zaza Assembe	Daniel Diego Evans	Augustino Lonyia Lucano	Mahendra Prasad Sitoula
Pearl Vivianne Auger	Monica Fambi	Tayanne Mariah Martin	Whitney Smith
Kelsi Daniele De Abreu Babin	Ilyan Ferrer	Lesley Taylor Brooke Matheson	Belinda Julia Snow
Mariana Badra	Amy Jane Flowers	Grace Matthews	Cordelia Ida Marie Snowdon
Stephanie Alexander Bakalik	Darnel Tormon Forro	Tori Lee McArthur	Peter Wing Lok So
Whitney DeAnna Balog	Shan Gao	Mary Patricia McDonald	Daniel Edward Sonsie
Lacey Barrett	Teresa Garcia	Susan Lee McGowan	Darcy Soper
Denise Basque	Brooke Ghostkeeper	Joyce Elizabeth McMaster	Natasha Lorraine Soutar
Michelle Rae Bechtel	Teresa Ann Gibeau	Desiree Dawn Mearon	Brittany Lynn Steeves
Holly Bergo	Maegan Gordon	Andrea Lynn Meszaros	Roshelle Leah Stooshnov
Alexe Anne Bernier	Adam John Greensword	Erin Moland	Bobbie-Jo Strum
Janice Marie Besuijen	Emily Gunn	Shaelyn Kathryn Moritz	Angela M Stubbley
Katya Janelle-Rose Elizabeth Bliss	Geraldine Annette Hagen	Trina Suzanne Moser	Samantha Sutherland
Kayla Josephine Patricia Boston	Aida Haile	Barry Brian Murphy	Mei Ying Dora Tam
Alana Maxine Brown	Danielle Erin Haldemann	Nasra Musse	Hayley Kate Taylor
Shawna Belle Buffalo	Laura Megan Hamilton	Mara Zoe Nagler	Kyla Melissa Taylor
Chasity Gayle Cairns	Ashley Frances Handrahan	Stephanie Nault	Alicia Marie Teasdale
Ashley Elizabeth Campeau (Herman)	Cheryl Lynn Hansen	Emis Nthuni	Banita Thandi
Shawn Michael Canning	Khatira Hashimi	Victorine Mwendella Nubed	Nicole Thio
Nicole Cardinal	Amanda Hembroff	Wendy Dawn Oddie	Jobn Thomas
Kristy Nicole Charlesworth	Jayne Lee Henderson	Rosemary Margaret O'Rourke	Sandra Lee Tiller
Jane Caitlind Mariah Chesnutt	Sarah Jean Hodges	Gwendolyn Ronda Osborne	Robin Tremblay
Jane Ijeoma Chukwujekwu	Tiana Farrah Hodgson	Steny Palachuvattil Thomas	Ifeoma Rita Uzorchukwuamaka
Lowell Clare	Kerry Holliday	Dorisann Palmiere	Jessica Lee Vanderzee
Rachel Alicia Chantale Clare	Sarah Melissa Holmes	Jasmine Carmele Parent	Jordan Anna Veitch
Christie Lynn Clark	Jean Ones Junior Isidor	Monica Mary Piros	Melissa Anne Veldman
Samantha Faye Anne Cleveland	Derek Jassman	Bernadette Lynn Pizzey	Kayleigh Kirsten Wall
Richelle Andrea Clift	Keith Johnson	Ernest Peter Poitras	Janice Elizabeth Ward
Ashley Anne Corcoran	Breanna Johnston	Nicole Lin Pretty	Lisa Dawn Ward
Venus Denise Cote	Shelby Amber Kalynchuk	Caroline Price	Yolanda Maria Von Weltzin
Jill Jolane Margaret Crop Eared Wolf	Laura Kanik	Karen Marie Ranni	Shyann Maria Weymouth
Hayley Jill Crowle	Jamie Anna Karlowsky	Felicia Marie Ricard	Hannah Wilkes
Olivia Marie Cullen	Ravneet Kaur	Katherine Robertson	Samantha Katelyn Wipf
Amalia Catalan David	Caleva Berris Kelly	Catherine Robinson	Larrissa K Wolfe
Jacklyn Dawn Deley	Jamie Marie Knight	Tahereh Roohallahzadsomehsaraei	Christine Womiloju
Allyson Lee Dennehy	Erin Lillian Kordich	Kaitlynn Emily Ross	Vanessa Emily Wood
Chris Eve Denness	Michelle Rae Ksenych	Hana Saeed	Alexander Woon
Dakota Shelby Dingreville	Siu Ming Kwok	Angela Samonte	Tanya Fe Loise Ty Yuvallos
Tamar Leah Dinner	Breanne Lambert	Shelley Sauter	
Serena Dixon	Viola Jolerte Lamy	Ashleigh Sarah Christine Scarpelli	
Carlene Rose Doerksen	Cynthia Maria Lapointe	Allison Catherine Schwab	
Kathleen Downey	Jennifer Megan Lavalley	Janet Marion Scollard	

2016 Bursary Award Winners

Social work students who demonstrate their commitment to the profession through active involvement with their community, educational institute and the Alberta College of Social Workers are eligible to apply for the ACSW Bursary Fund. The following students each received \$1000 bursaries, and the best wishes of the ACSW for continued success in their education and practice.



Jesse Orjasaeter

Jesse Orjasaeter, MSW student University of Calgary, Central and Northern Alberta Region

By the time Jesse Orjasaeter completed his Bachelor of Education in 2012, he knew teaching, in the Western sense, was not what he was supposed to do. His student teaching practicums in an inner-city junior high school in Edmonton, and in Tuktoyaktuk, Northwest Territories, left a lot of questions that could not be answered as a teacher. This unease led Jesse to the United Kingdom, where he taught for two years with the National Autistic Society.

Back in Edmonton, Jesse continued on this route, learning more about the early development of children with autism while working with families via Children's Autism Services of Edmonton. Shortly after beginning a Master of Social Work with the University of Calgary's Central and Northern Alberta Region in 2015, Jesse began working alongside Dr. Lonnie Zwaigenbaum and Dr. David Nicholas in the Autism Research Centre at the Glenrose Rehabilitation Hospital. This has been a valuable experience that continues to contribute towards Jesse's understanding of autism, research and social work, and the many interactions between these worlds.

In addition to his master's and research assistant work, Jesse has a strong belief in the transformative power of community and volunteers as a Block Connector with the Abundant Community Edmonton initiative. Jesse brings a daily mindful practice to his work and projects, including to his interest in laughing yoga and community gardening.

Justin Marin, BSW student University of Calgary, Central and Northern Alberta Region

My name is Justin Marin. I'm a second generation Italian-Canadian and am twenty-three years of age. My passion for sport brought me to the University of Lethbridge on a soccer scholarship where I majored in psychology. I soon discovered a new passion for counselling, and switched my major to addictions counselling with a minor in mental health. I recently moved back to Edmonton to complete my final year of my BSW.

Currently I am placed with a poverty reduction agency called E4C, shadowing their youth housing first pilot project for my junior placement. I also conduct qualitative research on deinstitutionalization and trauma-informed residential space for persons experiencing homelessness, and craft harm reduction tools for members of the agency to use with clients. Some of my past volunteer experiences in the field have been as



Justin Marin

IN THE NEWS

an outreach worker for HIV Connection in Lethbridge, with the Family Centre of Lethbridge as a social media campaign specialist and a member of their Supporting Father Involvement team, multiple years of Operation Red Nose, and currently with Boyle Street's Water Wings Career Services program.

My future interests include PTSD research in first responders and Canadian Armed Forces personnel as well as their immediate families, LGBTQ+ advocacy in policy rewrite and configuration, and privatized addiction and mental health recovery programs for adults. In the near future, I hope to complete a master's in Clinical Social Work, or apply for law school with motivation for a career in family law.

My hobbies include meeting new people, running and playing team sports, and building my professional modeling portfolio for future business opportunities.

Sheena Abar, BSW, RSW, MSW student University of Calgary

Sheena Abar has been a registered social worker since 2011. After graduation from the Calgary BSW program, she moved to Edmonton to pursue a career at the University of Alberta (U of A). She began working as one of the first two social workers on campus, connecting with various student populations to address barriers affecting personal and academic success. A year later, Sheena was appointed as the coordinator for the Community Social Work Team (CSWT). The CSWT is the only program of its kind in North America, applying a community development approach to working with staff and students from across the institution's five campuses to create safe and welcoming communities that proactively seek to reduce loneliness and isolation. Additionally, Sheena is involved as a post-secondary mental health advocate, serving as a panel member for the Alberta Campus Mental Health Innovation Fund committee; founding member of the Healthy Campus Alberta Community of Practice; and post-secondary representative on the City of Edmonton's Suicide Prevention Advisory Committee. Her interests include youth engagement, particularly their inclusion in civil society, community building, community process, health promotion, crisis management and community engaged learning. Sheena is currently on leave from her position at the U of A to pursue her Master of Social Work with the International and Community Development specialization. In January 2017, Sheena will begin her practicum, working with Dr. Hieu Van Ngo and partners from around the world within Dr. Van Ngo's SSHRC-funded *Promoting Vibrant Social Entrepreneurship* project in Southeast Asia.

Christina Davis, BSW, RSW, MSW student University of Waterloo (distance)

My name is Christina and I am a social work nerd. Long before I began my social work journey, I knew I had a passion for social justice and advocacy. It just seemed to make sense for me to complete the Social Work diploma program at Grant MacEwan and later the Bachelor of Social Work program at the University of Victoria. Now I'm



Sheena Abar

IN THE NEWS



Christina Davis

studying in the Master of Social Work program at the University of Waterloo and I'm very excited to be graduating in the fall of 2017. No one said being a student is easy but winning an ACSW bursary this year has definitely decreased my stress level -- just ask my partner! When I'm not on parental leave (which I am right now), I work as a medical social worker at the Royal Alexandra hospital in Edmonton. And when I'm not working, I'm traveling to all corners of the globe; I even completed my BSW field placement in New Zealand. Waterloo's MSW program has been a great fit as it focuses on the social determinants of health and has provided a great deal of knowledge to improve my practice at the hospital. I now have a better understanding of the need for health promotion, as well as context to understand how social determinants of health can be under recognized in our current health care system. This fuels my social work passion even more! Being able to promote dignity and self-determination for individuals in my practice has been extremely rewarding and it's a huge part of what motivates me to continue this journey of self-improvement.

Brittany Whitford, SW Dip student NorQuest College



Brittany Whitford

My name is Brittany Whitford and I am a second year social work student at NorQuest College in Edmonton. I am also the mom of two wonderful kids, work part-time as a high risk youth worker and volunteer with Canadian Roots Exchange as a Youth Reconciliation Initiative Leader. I also volunteer as a student mentor in the RBC Indigenous Mentorship Program.

One of my major goals once I complete my program is to obtain a bachelor's degree in social work. I value and understand the importance of education and believe it will help me accomplish my long-term aspiration, which is to promote reconciliation through destigmatizing the stereotypes of Indigenous people within this country. My ultimate goal is to promote a common understanding that will allow Indigenous people, as well as other ethnic minorities, the opportunity to have an equitable chance at life. One of my biggest motivations in doing this type of work is my children. My ultimate dream is to have my children grow up in a society where they can be proud of their nehiyaw (Cree) roots through the continued acknowledgement of histories, current realities, and future aspirations of the Indigenous people of Canada.

Although this work can be quite challenging, one rewarding aspect that keeps me motivated is supporting those who have come from similar backgrounds. I consider myself an intergenerational trauma survivor because of oppressive circumstances placed on generations of family members before me; I believe understanding from a personal perspective has not only given me greater motivation to help others in similar circumstances, but also has motivated me to persevere thus far in my life.

On an end note, I am truly honoured to have been selected as one of this year's ACSW student bursary recipients and look forward to my future aspiration of becoming a social worker within my community.

Changes Ahead:

More on eligibility criteria changes for the Clinical Social Work Registry

by Sheryl Pearson, MSW, RSW, LLB

For some time, the Clinical Registry policies and procedures have permitted social workers with a master's degree in a related clinical field to apply to be on the Clinical Social Work Registry.

The *Social Work Profession Regulation* provides at section 10(2):

- (2) A regulated member may use the title clinical social worker if the Registrar is satisfied that the regulated member
 - (a) has a minimum of a master's degree in social work from a university program approved by the Council.

In order to ensure consistency with the *Social Work Profession Regulation*, the policy of recognizing a master's degree in a related clinical field (for the purpose of applying to the Clinical Registry) was rescinded effective February 1, 2017. Now, only applicants with a master's degree in social work will be eligible to apply to the Clinical Social Work Registry.

In December 2016, we notified all ACSW members by email of the upcoming change in policy and that applications to recognize substantially equivalent master's degrees for the purpose of applying to the Clinical Registry would not be accepted after January 30th, 2017.

With respect to individuals who have already applied to the Clinical Registry under the related clinical field policy, and are in the process of completing the 1600 supervised hours, they will be permitted to complete the application process and be approved to write the ASWB Clinical Exam and obtain the Clinical Social Work designation.



Going forward, members who were granted membership to the Clinical Registry on the basis of a master's degree in a related clinical field who fail to maintain their designation on the registry will only be eligible to re-apply upon completion of an MSW.

This change in policy does not affect current applicants, nor does it impact the eligibility of applicants who have a master's degree in social work. The Clinical Committee meets four times a year to review applications. The dates for 2017 are:

- February 10/11, 2017
- May 5/6, 2017
- September 29/30, 2017
- November 24/25, 2017

Submissions are due 10 days in advance of the meeting.

Questions? Call Sheryl Pearson, Manager, Regulatory Practice, at 780-421-1167 or 1-800-661-3080, ext. 227.

SHERYL PEARSON is a Manager of Regulatory Practice for the Alberta College of Social Workers.



Compassion Fatigue and its relevance in Private Practice

by Teresa Winfield, MSW, RSW

Back in late September of 2016, the Private Practice Committee met for their annual meeting. Because the group values lifelong learning for all practitioners, the meeting included a presentation by Monique Brideau, MSW, RSW, on compassion fatigue. The relevance of this concept to social workers has long been known, and awareness of the need to take care of oneself in the process of working with traumatized clients is an important aspect of a therapist's work. In order to help others, we first need to be able to access our internal and external resources on a regular basis and focus on building resiliency. We cannot avoid these inevitable experiences as we work to advocate for and support those who are vulnerable within our society. However, we can decide what our attitude will be and build a strong 'village' of people around us. Employees who work for other people are often surrounded by supervisors and co-workers who offer a natural barrier to the vulnerabilities created by long hours, little funding and the tragic personal circumstances shared by clients.

But what of those in private practice who choose an area of work that can be isolating and lonely at times? How might we build resiliency so that our places of work can be seen as a 'port in the storm' rather than an solitary island? While private practitioners have to demonstrate some creativity and perseverance in building a community of support for themselves, the possibilities are out there and waiting to be embraced. Simple changes like locating your office in a place that meets your needs or spending some hard-earned revenue on making it a peaceful place could lead to long-term benefit. Or balancing the long hours of work with quality time for yourself, or with friends and family may

offer some much needed respite. Maybe it's time to find a therapist for yourself and make a session part of your weekly schedule. Yoga, meditation and mindfulness are also simple practices to work into that flexible schedule that you wanted so badly at the inception of your business.

“How might we build resiliency so that our places of work can be seen as a ‘port in the storm’ rather than an solitary island?”

As a private practitioner, the question of, “When is enough ENOUGH?” will be ever present. If chasing a culture of scarcity has become an all-too-common practice, then it may be time to reach out and collaborate with others who can offer some enrichment and breathe new life into your everyday work. While therapists feel most comfortable teaming up together, joining forces with other entrepreneurs may provide some perspective on how to grow your business in a new direction. Widening the small circle of support around you will always be an ongoing part of owning your own practice. When it comes to compassion fatigue, coming from a place of harm reduction rather than prevention may also give your practice the longevity of a marathon rather than the short-lived fizzle of a sprint.

TERESA WINFIELD is a social worker in private practice with seventeen years of experience. She specializes in working with youth who have demonstrated sexually concerning behaviours and the families who care for them.



Moving Forward on the TRC's Calls to Action

by Julie Mann-Johnson, MSW, RSW and Maxine Salopree, BSW, RSW

The new year is a time when we make resolutions to eat healthy, stay on budget, or improve fitness. Spring comes and sometimes (maybe more than we like!), we break our resolutions.

The Annual General Meeting is a time when the ACSW pauses, reflects and makes resolutions as well. At last year's AGM, one of the resolutions passed was to take action to address the Calls to Action of the Truth & Reconciliation Commission (TRC). As we heard in last year's keynote address, Canada's Truth and Reconciliation Commission identified 94 Calls to Action after hearing from many victims of the residential school era. While we have much work to do, we are happy to report on the response to date by the ACSW and plans for future steps.

Collaboratively the Indigenous Social Work Committee and members of Council identified a strategy to address the 94 Calls to Action. The plan includes three areas of focus:

- 1) Advocate with all levels of government to take steps to address the Calls to Action and to report on progress publicly.
- 2) Explore steps the ACSW can take as an organization to address reconciliation, and
- 3) Provide opportunities to educate our members and members of the public about the Truth and Reconciliation Commission and its Calls to Action.

As well, it was determined that each section of the Calls to Action would get addressed individually starting with those regarding child welfare. One step taken was to respond to two reports released in July 2016 highlighting the delivery of child and family services to Indigenous children in Alberta. One report by the Office of the Child and Youth Advocate (OCYA), entitled *Voices for Change*, provided a number of recommendations to address systemic issues around the overrepresentation of Indigenous children in care.

The report of the Office of the Auditor General (OAG) on *Systems to Deliver Child and Family Services to Indigenous Children in Alberta* highlighted specific areas of service requiring improvement.

The Alberta College of Social Workers responded to these reports and further recommended all levels of government adopt the 94 Calls to Action from the TRC. As well, the ACSW recommended adopting *Jordan's Principle* throughout all levels of government and departments as a significant step towards reconciliation and addressing services for Indigenous children and youth. Collaborative work continues with both the OCYA and OAG to address issues highlighted in these reports.

The committee is still actively recruiting for RSWs from southern Alberta to ensure representation from across the province.

The provincial government has been called upon to adopt the Calls to Action and report publicly on progress made via a letter to Premier Rachel Notley from ACSW President Richard Gregory and Executive Director and Registrar Lynn Labrecque King. In addition, a letter to the editor was published in the Edmonton Journal October 28th highlighting the need for all levels of government to respond to the TRC Calls to Action. The letter further invited the general public to join the ACSW in requesting action towards reconciliation.

SOCIAL JUSTICE WORKS



Most importantly, it is the ACSW's position that reconciliation occurs in the spirit of collaboration and must include Indigenous people and communities. Any action taken must be taken *with* Indigenous people and not done *to* Indigenous people. The TRC compels us to move towards decolonization through reconciliation and relationship building.

The ACSW recognizes the inherent rights of Indigenous peoples in order to change actions and systems that have impacted their lives and communities. The ACSW also recognizes the distinct need to support and develop relationships with Indigenous Registered Social Workers in order to address the issues surrounding Indigenous communities and the unique social work experiences of Indigenous Registered Social Workers. The ACSW Indigenous Social Work Committee (ISWC) is a standing committee of Council and acts in an advisory capacity to the Council on these issues related to Indigenous social workers. The ISWC also identifies and advises the ACSW on issues that pertain to Indigenous Social Work practice. ACSW remains committed to an ongoing relationship with ISWC.

The Indigenous Social Work Committee has developed their Terms of Reference which were recently approved by ACSW Council. The ISWC recognizes the diversity of Indigenous people in Alberta and is committed to continue working on developing Indigenous Practice Standards. We now have seven committee members; however, the committee is still actively recruiting for RSWs from southern Alberta to ensure representation from across the province. If you belong to Treaty 7, or are Indigenous and reside in the Treaty 7 area and are interested in becoming part of this committee, please send your letter of intent and resumé to Heather Johnson at heatherj@acsw.ab.ca. The Indigenous Social Work Committee is continuing to provide support regarding the annual ACSW conference. You will see and hear more from the ISWC in upcoming *Advocates* with updates on advocacy and other work being done.

JULIE MANN-JOHNSON is the Professional Practice Support Team Lead with the Alberta College of Social Workers. She can be reached at julie@acsw.ab.ca.



MAXINE SALOPREE is the Interim Chair of the Indigenous Social Work Committee.



U of C's Edmonton Campus Moves Downtown

by Don McSwiney

The Edmonton campus of the University of Calgary's Faculty of Social Work recently moved downtown into Enterprise Square, inside the old Hudson's Bay Building, starting a new chapter in the 40-year history of U of C's Edmonton campus.

"This is a much *busier* place than our old location. It's an academic setting. It's a community setting," says Rick Enns, the Associate Dean of the University of Calgary, Faculty of Social Work's Central and Northern Alberta Region (CNAR). We're walking through the bright, colourful and modern new Edmonton campus, located inside the refurbished, former Hudson's Bay Building, and the irony isn't lost on Enns.

"In our new location we have an opportunity to reflect – as students and faculty – on what it means to teach social work in a building that was once the commercial headquarters of the Bay, a longstanding force of colonization across western Canada," says Enns, "and to reimagine this space as a site of learning and resistance to historical and ongoing colonization and oppressions." Perhaps it's not surprising that, along with state-of-the-art equipment and classrooms, the U of C made a significant investment in the ventilation systems to ensure the new space could accommodate Indigenous ceremonies.

As Enns suggests, the new space is buzzing with people and energy, and along with the smell of new paint comes the feeling of a fresh start and a closer connection to the community. "We've already heard from our community partners that they're



Students at U of C's downtown Edmonton campus

excited we've moved downtown," says Enns. "We're within walking distance of partners such as Boyle Street Community Services. Now we're much closer, so it's easier for them to take advantage of our space."

People are often surprised to find U of C red and gold in the middle of Edmonton; however, when the University of Calgary, Faculty of Social Work, was created in 1966, it was given a mandate to provide university-level social work education across the province. The Edmonton campus was established in 1974; community-based Learning Circles sites have operated in Red Deer and Grande Prairie for almost two decades; and two-year cohort sites have been set up across northern Alberta, including multiple cohorts at Blue Quills University. The Master's program has also been offered at Blue Quills and in Grande Prairie.

Enns began teaching with the University of Calgary as a sessional instructor in 1996, when the campus was located at 112th Street and 85th Avenue. Back then he estimates the Edmonton campus had about 60 undergrad students, and a handful of faculty – a far cry from the region's current enrollment of over 275 BSW and MSW students, 13 faculty and four staff.

I ask Rick why the University of Calgary's Edmonton campus has been so successful, and why a student would choose the faculty's Edmonton location. "Commitment," he says quickly.

Continued on page 20



UNIVERSITY OF CALGARY
FACULTY OF SOCIAL WORK

DONALD MCSWINEY is the manager of Communications and Marketing in the University of Calgary's Faculty of Social Work.

Global Research on Social Problems

by Brenda Joyce, MSW, RSW



Students at Red Deer College

This past fall, the Social Work program at Red Deer College (RDC) partnered with the Social Work department at Sree Sankaracharya University of Sanskrit in India in the area of social issues research. Dr. Baiju Vareed, RSW, an instructor in the RDC program, initiated the project with the help of a Government of Alberta i@home Scholarship, which was granted to provide Alberta students an 'at home' international learning experience through the use of technology. The initial partnership had Canadian and Indian students researching social issues pertinent to both countries: the discrimination against women in educational institutions, and a cultural understanding of domestic violence.

Supervised by their RDC instructors, Baiju Vareed and Carmen Plante, MSW, RSW, and Jose Antony and Jasmine George at the Sree Sankaracharya University, the two research teams were made up of students from both Canada and India. Communication between the teams began with an initial Skype meeting and was thereafter sustained through the use of Google platforms and social media. One of the challenges students faced was the 12 hour time difference and differences in schedules in the course of both programs.

Using the same qualitative methodology and interview tool, the research teams collected data from participants in both countries. Given time and scheduling constraints, Canadian and Indian students shared their data but conducted their own analysis of the data in discussion with their

international counterparts about the cultural and contextual meaning of the responses. The teams presented the research findings in their own classes in both countries.

The research was a new experience for students both at RDC and Sree Sankaracharya University; it provided them with an opportunity to learn about social issues as understood through their own cultural lens and through the lens of another.

"I think the international collaboration was an incredible learning experience. The collaboration from this project brought a cultural awareness and an additional perspective from the research." -Amanda Cook

"Awesome experience. Love that we got to collaborate and work with students who are from a different country and therefore have different knowledges and perspective." - Zeljka Udovicic

Learning from Each Other about Social Issues

Student engagement with learning occurs in many forms, and one example from an introductory course last fall provided the opportunity for students to enhance critical thinking and reflection, develop in-depth knowledge about a social issue affecting a chosen population, and teach a group of peers.

BRENDA JOYCE, MSW, RSW, has been at Red Deer College since 2003, primarily with the Social Work program. She is currently an instructor and program chair.



RESEARCH & LEARNING IN ALBERTA'S COMMUNITIES

Working in pairs, students chose a topic area to focus their information-gathering and research. Workshops were held in partnership with the program's librarian to help students develop and enhance research skills and evaluate the sources of information that were located. Incorporating a multi-step process, and several components, students 'checked in' with each other, the larger class, and their instructor to share ideas and gather feedback, involving formative and summative assessment. The culmination involved twenty minute 'cracker barrel' sessions with small groups of peers where student pairs shared key information, answered questions, encouraged discussion, and contributed to collective learning.

Students valued the choices they were able to make during the project, and the multiple opportunities for feedback. Their engagement with the learning process, the project activities, and the reflection upon their learning resulted in classroom energy, and a contagious passion for our profession!

Central Alberta Social Work Conference

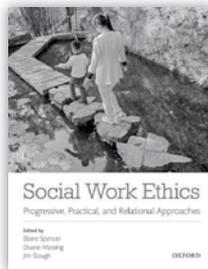
Planning is well underway for the 8th Annual Central Alberta Social Work Conference, taking place June 15 and 16, 2017, at Red Deer College with the theme, "Finding our Way: Social Work on Shifting Ground." Faculty, alumni, and social workers from the area are planning another fabulous experience. Thanks to all those involved, including co-chairs Jolene Spies, MSW, RSW, Heather Brock, SW Dip, RSW, (both alumni) and Elaine Spencer, MSW, RSW (faculty).

Recognition for Scholarly Activity

Two of our faculty members were recognized by Red Deer College for their scholarly activity in 2016. Congratulations to Elaine Spencer for work on the paper *No Regrets: Suggested Improvements for Public Apologies*.

Congratulations to Dr. Baiju Pallicka Vareed for his book *NGOs and Participatory Development in India*. This book, a result of his PhD work, gives firsthand information on nonprofit agencies in India, and on how they engage communities in development work.

New Book



Social work ethics: Progressive, practical, and relational approaches, Oxford University Press.

Congratulations to Elaine Spencer and colleagues on the publication of a new ethics textbook. Faculty members Carmen Plante, Baiju Vareed, and Elizabeth Radian, PhD, RSW, also contributed chapters.

U of C's Edmonton Campus Moves Downtown

Continued from page 18

"The University of Calgary has always been committed to Edmonton. This campus isn't an afterthought. We have internationally regarded research and teaching faculty. We have a great learning space with fantastic new facilities. More than that, we have more than 40 years of history and context and community and professional connections in Edmonton. We

offer nationally accredited social work education. Our education and research reflects and is shaped by the central and northern Alberta communities we're in. It's a great place to learn and a great place to teach and conduct research."



JULIE SMITH-ALLEN has provided administrative support to Child and Family Services in the Crowsnest Pass for twelve years. She shares her inspiration for this piece of poetry:

"Most of the time, I am able to keep a comfortable distance from the children with whom our caseworkers interact, but a few years ago, I had a moment of deep emotion. During my work, I came across a photo of a little girl, dressed in her own version of eclectic, standing proudly in her bedroom, and the room was practically bare. I thought back to my own daughters when they were young, their rooms bursting with stuffed toys, clothes, beds with cozy comforters and pillows. This little girl stood proudly in a room with hardly anything. She touched my heart.

While attaining my Creative Writing Certificate through University of Calgary Continuing Education, I remembered this proud little girl. I wanted to write a poem in tribute to her, and dedicated to the caseworkers at my office and elsewhere - present and past - for the tough work that they do, and the many scars that build on their hearts."

Fences

by Julie Smith-Allen

The lady came at four today.
She smelled like flowers and carried
a thick pad of paper
and a pen that clicked.

I'd cleaned our room and put our blankies
and pillows in neat stacks
on the floor,
Ryan's teddy on top of his.

I wore my pink shirt with the princess,
kept my arm down
so she wouldn't see the hole,
spit on my hand and patted
Ryan's stand-up hair,
helped him get his shirt
right-side-out.
He grinned and scrunched his baby cheeks,
the one just light purple now,
his teeth like tiny white fences
freshly painted.

The lady said for me and Ryan
to come with her
and talk.

Momma's eyes held mine.
Remember, Becky.

The lady took a picture of me and Ryan
standing in our room beside the stack
of boxes
and the wall with the red dots
that look like a smiley face.

Then her and me and Ryan sat on the step.
She had her paper on her lap,
feet on tippy-toes.
I put my arm round Ryan's shoulders,
felt a pointy bone,

went *Tickle, tickle, tickle.*
He giggled.

What worries you, Re-bec-ca?
Her voice sing-songy,
pen waiting over paper,
eyes searching for my thoughts.
I watched my toe peek out my socks
So she couldn't see.

(Momma said the lady would take
me and Ryan
some place scary
if I blabbed.
Momma said we'd have mac'n'cheese
for supper
if I was good.)

Ryan watched a black ant scoot along
the step,
a shiny white treasure
on its back.
He squished it
between his stubby thumb and finger
and wiped it on his shorts.

I worry I don't brush Ryan's teeth good, I
told her
and hoped we'd still have mac'n'cheese
for supper.

A Lifespan Well-Lived

As we gather for the 2017 ACSW conference, the theme of 'Social Work Across the Lifespan' will carry extra weight for those who have seen a friend or colleague within the profession come to the end of their lifespan this past year. The Advocate would like to recognize two such losses.



Don Milne, MSW, RSW

January 13, 1927 – October 7, 2016

Don Milne's life was characterized by service. He was a pioneer in Edmonton social work, serving as the first Regional Executive Commissioner of the Edmonton Boy Scouts, the first Director of Social Planning for the City of Edmonton, and the Senior Corporate Planner, Manager of Social Planning and Housing, and Deputy Director of Disaster Services. Don was also the inaugural president of the Alberta Association of Social Workers and one of the early supporters of the Society for the Retired and Semi-Retired, now known as Sage. Don was a member of the Rotary Club for more than 60 years, and received two Paul Harris Fellowship Awards for distinguished service to the community.

His other passion in life was music, which was recognized with the City of Edmonton Citation Award for "Contribution to the Arts" in 2000. Don was a member of the Da Camera Singers, the Richard Eaton Singers, a founding member of the "Richard Eaton Swingers", and played piano for a myriad of organizations. He was able to use his talents for music and social work to build community and create opportunities for connection.

Don shared his knowledge and experience well into his retirement by writing many articles for the Advocate. ACSW Executive Director Lynn Labrecque King remembers Don as "a social worker who represented his profession with excellence while contributing to his community in multiple ways." Let him be summarized by his family, who wrote "Don had a genuine love of people. He was a humble, gentle, generous, and gracious man keenly interested in the lives of others. His life was lived to the fullest."



Michelle Wickerson, MSW, RSW

July 18, 1980 – July 4, 2016

Michelle Wickerson's passion was helping those most in need, and she built her too-short professional career around doing so. After completing her BSW at the University of Calgary, Michelle joined Calgary's Distress Centre (DC), and so found her calling and her professional home.

Michelle's first job after completing her BSW was with Distress Centre, where she had an immeasurable impact. Her career progressed from Contact Centre Coordinator to Volunteer Program Supervisor after the completion of her MSW; Senior Manager of Communications & External Resources; Senior Manager of Organizational Performance; and finally, the Director of Innovation & Strategic Initiatives.

Her coworkers agree that Michelle attacked every task with humour and energy, and that her impact at DC will be felt for years to come.

To honour Michelle's memory and legacy, the Distress Centre Calgary Award in Social Work was renamed the Michelle Wickerson Memorial Award in Social Work. It is awarded yearly to a University of Calgary student who is interested in working in the area of crisis intervention.

Michelle is survived by her husband Peter Rowbotham and young daughter Norah as well as her parents, siblings and countless others who were touched by her energy, drive and compassion. Michelle is remembered as "a selfless, intelligent, loving and beautiful woman who had a profound influence on every life that she touched."



Mary Valentich and Eleanor Cowan, Women's March

Finding Common Ground:

Keynote Speaker Mary Valentich

by Debby Waldman

You'd be hard pressed to find a more appropriate speaker than Mary Valentich, PhD, RSW, to deliver the keynote at a conference called "*Social Work Across the Lifespan: Opportunities and Directions*" – the theme of ACSW's 2017 conference.

At 75, Valentich has been a professional social worker for more than two-thirds of her life. Though she left her full-time position as professor at the University of Calgary School of Social Work nearly two decades ago, she remains active in the field, devoting much of her professional attention nowadays to social justice issues including climate change and assisted dying. As a Professor Emerita, she occasionally teaches, offers Sexual Attitude Reassessment workshops, and meets with students, often in relation to feminist practice.

"I've changed my focus to some extent, as a function of getting older," she says. "One does feel, as one gets older, that your time is limited. You need more time to do all the things you want to do."

One of those things is writing, which Valentich has always made time for, but which has become more of a priority of

late. To free up writing time, last year she gave up the part-time clinical practice she'd been operating since the early 1970s. As a Certified Sexuality Educator and Diplomate of Sex Therapy, her focus was primarily on sexual problems of individuals and couples.

Her latest writing project is her keynote address. Among other things, she will speak about her mentors and social workers who had an impact on the field.

"I want to introduce at least three people into the discussion, social workers I consider pioneers who influenced me and who influenced the profession," she says. "I'd like to explore what we can learn from these people who have been influential not only on individual careers, but on the profession as a whole."

During her tenure as a professor and scholar, Valentich devoted much of her time to issues of career management and feminist social work practice, two topics she also plans to address in her talk. In particular, she is interested in “feminist and other career journeys, and how one’s career fits into the larger picture of where social work is today.”

Valentich was drawn to social work after earning an undergraduate degree in honours sociology at McMaster University.

“I always had a sense that I wanted to work with people, and sociology didn’t provide you with the direct path to do that,” she says. “[Sociologists] were primarily focusing on research, trying to understand culture, relationships and groups. All that interested me a great deal, but I didn’t see myself as engaged full time in a research career.”

Her attraction to social work was confirmed for her during a recruiting interview with Dr. Betty Govan of the Faculty of Social Work, University of Toronto.

“I thought it might be up my alley because it gave me a chance to apply my knowledge,” she says. “I was always fascinated by how people acted.”



Mary Valentich at Calgary Pride Parade

Valentich earned her MSW at St. Patrick’s School of Social Welfare at what was then Ottawa University and is now Carleton University. After graduation, she and a classmate travelled in Europe for five months and then spent more than a month going from interview to interview, she recalls. “It was the mid-1960s, an era of social unrest when there were many social work jobs.”

“Working with psychiatric patients seemed to be one of the more challenging specialties of social work practice,” she recalls, and this led Valentich to Lakeshore Psychiatric Hospital in Toronto.

For two and a half years, she worked with patients and families. In her second year, she was part of a group that opened the first behavioural unit for adolescents in a psychiatric hospital in Canada. Some of her clients were runaways. Some were cutting themselves. Some were taking drugs. Looking back at the approach that she and her colleagues took, Valentich is amazed that they didn’t consider asking any of their adolescent patients whether they were being abused.

“By pulling together, we can effect positive social change not only for our clients, but our community, country, and beyond.”

“At that time, child sexual abuse and domestic violence weren’t prominent on people’s horizons in the professions, from psychiatrists to social workers to nurses,” Valentich says. “It astounds me that we were able to help people without bringing this in. It was a time period where behaviourism was very big, but as I reflect back, I realize how much we missed. We were lacking feminist perspectives.”

Valentich credits feminism with helping to diminish the distance between the client and the professional.

“The professional relationship with a client was one of respect, but the parties were not necessarily treated as equals,” she says. “Feminism helped us lessen the distance between social worker and client, and helped professionals to become more aware of power differences and ensure that the power difference wasn’t interfering with the work they were doing.”

In the late 1980s, more than 10 years after she began teaching at the University of Calgary, Valentich introduced her first course in feminist practice. By then, feminist perspectives were firmly in place in social work training programs, but within the next decade, there was a backlash against the movement in society in general, and eventually it filtered into the profession.

“The societal attitude was, ‘Women, you have achieved your goals; the important thing is the market and the economy, and we are spending too much money on social issues,’” Valentich says. “Social work in many places became increasingly managerial and much more bureaucratic.”

The pendulum is slowly swinging back, owing in large part to increased interest in social justice. “Social justice is part and parcel of what it is to be a feminist,” Valentich says, rattling off a list of current concerns, among them poverty, effects of residential schools on First Nations people, fairness for temporary foreign workers, and worries about the direction in which the United States is moving under President Trump, particularly with respect to women’s reproductive rights.

“When you are threatened, that is when you say, ‘This is what I really believe in.’ I think we’re in that phase now.” All of these concerns, Valentich says, have helped give voice once again to issues that feminists uphold.

Valentich has high praise for organizations and groups that give social workers an opportunity to come together and focus on a wide range of social issues, because they offer those in the profession a place to get together free of the constraints of the workplace. Conferences such as ACSW’s *Social Work Across the Lifespan* serve a similar function.

“Our daily lives as social workers may not always offer opportunities to pull together on matters of policy and social justice,” Valentich says. “That’s why we go to conferences, so we can get together as a large group and see what we have in common.”

Valentich has designed a keynote to enable social workers to look back at the past as well as at the present social work context. By considering their professional identity, she says, social workers may discover a guide to their future directions within social work.

“Our careers and identities, feminist and others, will vary because we are unique beings, but we have a marvelous history, superb heroes, sufficient common ground, and diverse ways to be strong,” she says. “By pulling together, we can effect positive social change not only for our clients, but our community, country, and beyond. There are many challenges for all of us, but this is not the time to give up. I hope the keynote can offer people an opportunity to feel empowered and act accordingly.”

We are pleased to announce a pre-conference event at this year’s upcoming ACSW conference. Dr. Julie Drolet, PhD, RSW, with the University of Calgary Faculty of Social Work, and her international colleagues will be hosting a full-day workshop on disaster social work and recovery on March 30, 2017. The topic of disaster recovery is timely given recent events in Alberta, and this workshop will provide an opportunity to share and exchange knowledge about the role of social work in disaster preparedness, response and recovery. Please see www.acsw.ab.ca, click on ‘Social Workers’ and ‘Annual Conference’ for more details and unique registration information.

DEBBY WALDMAN is an Edmonton writer whose work has appeared in publications including *People*, *Parents*, and *Publishers Weekly*. She also writes books for children.



Meet Richard Gregory

by Tara Hogue Harris

Vital Volunteers puts the spotlight on those social workers who generously give their time and energy to support the Alberta College of Social Workers. Among the most generous is the President of the ACSW Council, Richard Gregory, MSc, RSW. Richard is the chair of Medicine Hat College's Health and Human Services department, overseeing five programs including Social Work, and is an instructor in their Social Work program. He makes his home in Medicine Hat, but his reach as a social worker and volunteer extends across the province and country.

Leading by Example

Richard's commitment to ACSW Council goes back many years. He has completed *five* two-year terms on the ACSW Council, serving as a council member, treasurer, vice president and currently, is in his second term as president.

His example and mentorship have led many others to step forward in service. Richard has led sessions to encourage others to serve on council, and orientations for new council members. He has shown compassion and patience in helping board members grow in their roles, and supports training and use of board tools and resources for board members.

Building Connections

Richard has actively participated in national and international organizations including the Canadian Council of Social Work Regulators, the Canadian Association of Social Workers and the Association of Social Work Boards. Provincially, Richard remains engaged with the ACSW's Indigenous Social Work Committee and is committed to supporting social work registration for indigenous social workers.

Connection with ACSW members has always been important to Richard, and he demonstrated his commitment by spending countless hours and miles on the road in 2013 for face-to-face member consultations. These province-wide sessions allowed him to personally connect with numerous registered members, and are a highlight – so far – of his time on ACSW Council.



Richard Gregory

Many Talents

The skills Richard brings to his work with the ACSW are many. His colleagues value his understanding of board structure, governance, organizational management, and his much-appreciated capacity for effectively leading a meeting in record time, always with humour and grace. In his many Council roles, Richard has worked to foster good working relationships with social work educators and members of legislature. He is well known as a strong supporter of regulation and mandatory registration in order to serve and protect the public while strengthening the profession.

Richard's thoughtful *Advocate* magazine columns and articles are another example of the time and reflection he gives to his practice and his stewardship role on Council.

Well-deserved Acclaim

The Association of Social Work Boards recently awarded Richard the *Sunny Andrews Award for Outstanding Commitment to Social Work Regulatory Board Service*. Richard can add this honour to his 2006 ACSW Excellence in Social Work Practice award, and his October 2016 Chinook Hero Award for tireless efforts in support of Gay Pride activities in Calgary.

Richard also received the Diamond Jubilee medal in 2013 for his volunteer contributions over a 20 year period, including advocacy in the areas of HIV/AIDS, human rights and equality for the LGBT community, and poverty reduction in both Medicine Hat and Calgary.

The ACSW is grateful to Richard for his commitment to engage, collaborate and serve with the goal of bettering the social work profession!

TARA HOGUE HARRIS is an editor and writer with Bird Communications.



For your information

Public Interest Alberta: BOLD Advocacy for BIG Changes

March 30-31, 2017

Edmonton

Tickets and details for Public Interest Alberta's 11th annual advocacy conference are at www.pialberta.org/2017conference.

Missing and Exploited Children Training Conference (MECC)

May 16 – 18, 2017

Winnipeg

Sponsored by the Canadian Centre for Child Protection

The 17th annual conference provides three days of training on a wide range of issues. Go to www.protectchildren.ca and click on MECC for details.

National Forum on Infant, Child & Youth Mental Health: Promoting Innovation, Impact and Implementation

May 24 & 25, 2017

Calgary

Sponsored by the Child Welfare League of Canada and Alberta Health Services

Details on this free event can be found on Eventbrite: www.eventbrite.com and search for National Forum on Infant, Child and Youth Mental Health.

Congress of the Humanities and Social Sciences

May 27 – June 2, 2017

Toronto

This 7 day event brings together academics, researchers, policy-makers, and practitioners to share findings, refine ideas, and build partnerships that will help shape the Canada of tomorrow. Visit congress2017.ca for details and registration.

Grey Matters Conference

September 11-13, 2017

Hinton

Sponsored by the Town of Hinton and Alberta Seniors and Housing

This conference offers opportunities to learn more about issues, supports and services for seniors.

Visit www.greymatters2017.com.

The Advocate's For Your Information section gives preference to Alberta-based educational opportunities and non-profit events for social workers. Send your submissions to Raveena Parsons at raveenap@acsw.ab.ca.

Visit the ACSW Events Calendar to find more training, events and workshops, at acsw.com, Social Workers tab, Calendar of Events.

ACSW's Partners in Advocacy

Alberta Alliance on Mental Illness
and Mental Health

aamimh.ca

Edmonton Social Planning Council

edmontonsocialplanning.ca

Friends of Medicare

friendsofmedicare.org

Public Interest Alberta

pialberta.org

Parkland Institute

ualberta.ca/parkland

DEADLINES

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for the **SUMMER 2017** issue
of the *Advocate* is
APRIL 1, 2017

All editorial inquiries to Charity Lui
Charity@acsw.ab.ca

AD DEADLINE

for the **SUMMER 2017** issue
of the *Advocate* is
APRIL 15, 2017

All ad inquiries to Raveena Parsons
raveenap@acsw.ab.ca

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UNDERSTANDING ADDICTIONS: FOOD, DRUGS, & ALCOHOL

Instructors: Laura Pawlak, Ph.D., M.S., R.D. (emerita) (April 26, 27 & 28)
Michael E. Howard, Ph.D. (May 10, 11 & 12)

6 HOURS CREDIT (Social Workers)

PROGRAM / LECTURE

Conference registration is from 7:45 AM to 8:15 AM. The conference will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:30 PM, at which time course completion certificates are distributed.

Registration: 7:45 AM – 8:30 AM

Morning Lecture: 8:30 AM – 10:00 AM

- **Addiction and Brain Function:** Perception, Thinking, Emotions, and Memory.
- **Defining the Terms:** Tolerance, Physiologic Dependence, Psychological Dependence, Addiction, and Pseudo-Addiction.
- **The Reward and Pleasure System of the Brain:** Dopamine. How Activation of The Nucleus Accumbens Contributes to Addictions.
- **Key Elements of Addiction:** Reward, Tolerance, Cravings, Loss of Control, and Continued Abuse.

Mid-Morning Lecture: 10:00 AM – 11:30 AM

- **Time, Tolerance, and Changes in Behavior:** Distinguishing Normal Tolerance from Aberrant Behavior.
- **Hyperpalatable Foods and Addiction:** The Siren Song of Sweet, Fat, and Salt.
- **The Five Types of Overeating.** Why Food Addiction Undermines Dieting. Effective Treatments for Food Addiction.
- **Caffeine:** Is it Addictive? Energy Drinks and Toxicity. Caffeine Withdrawal.
- **Understanding Addictive Drugs:** Agonists and Antagonists.

Lunch: 11:30 AM – 12:20 PM

Afternoon Lecture: 12:20 PM – 2:00 PM

- **The Hidden Dangers of Alcohol:** Intoxication, Alcohol Poisoning on College Campuses, Functional Alcoholism in the Workplace.

- **Opioid Addiction:** Recognizing the Signs, Reducing the Risks.
- **The Dental Patient With Acute and Chronic Pain:** Reducing the Risk of Drug Diversion, Misuse, and Addiction.
- **Dealing with the Double-Edged Sword:** Helping Patients with Chronic Pain and Substance Use Disorder.
- **Smoking and Nicotine:** Helping Patients to Quit. Nicotine Replacement, Varenicline, and Bupropion; Behavior Therapy, Vaccines, and Hypnosis.
- **The Vulnerable Years:** Teenagers and Drug Addiction.

Mid-Afternoon Lecture: 2:00 PM – 3:20 PM

- **Gateway Drugs of Abuse:** Nicotine, Alcohol, and Marijuana.
- **Marijuana and the Brain:** Medical Marijuana. Smoking vs. Ingestion. Consequences of Legalization.
- **Cocaine, "Crack," and Heroin:** New Patterns of Use. Treatment Options.
- **Stimulants and Sedatives:** Amphetamines, MDMA, and Ecstasy. "Designer" Methamphetamines. Ketamine as a New Date-Rape Drug.
- **Hallucinogens:** LSD, Mescaline, and Psilocybin. Clinical Consequences and Complications.
- **Behavioral Addictions:** Gambling, Shopping, Video Games, Internet Pornography, Smart Phones, and Tablets.

Evaluation, Questions, and Answers: 3:20 PM – 3:30 PM

Biomed's Website: www.biomedglobal.com

MEETING TIMES & LOCATIONS

EDMONTON, AB	RED DEER, AB	CALGARY, AB	EDMONTON, AB	RED DEER, AB	CALGARY, AB
Wed., April 26, 2017	Thu., April 27, 2017	Fri., April 28, 2017	Wed., May 10, 2017	Thu., May 11, 2017	Fri., May 12, 2017
8:30 AM to 3:30 PM	8:30 AM to 3:30 PM	8:30 AM to 3:30 PM	8:30 AM to 3:30 PM	8:30 AM to 3:30 PM	8:30 AM to 3:30 PM
Radisson Hotel	Radisson Hotel	Clarion Hotel	Radisson Hotel	Radisson Hotel	Clarion Hotel
4520 76th Ave.	6500 67th Street	2120 - 16th Ave. NE	4520 76th Ave.	6500 67th Street	2120 - 16th Avenue NE
Edmonton, AB	Red Deer, AB	Calgary, AB	Edmonton, AB	Red Deer, AB	Calgary, AB

INSTRUCTORS

Dr. Laura Pawlak (Ph.D., M.S., R.D.) (emerita) is a full-time biochemist-lecturer for INR. Dr. Pawlak undertook her graduate studies in biochemistry at the University of Illinois, where she received her masters and doctoral degrees. Author of 22 scientific publications and many academic books, she conducted her postdoctoral research in biochemistry at the University of California San Francisco Medical Center.

Dr. Michael E. Howard (Ph.D.) is a full-time psychologist-lecturer for INR. Dr. Howard is a board-certified clinical neuro-psychologist and health psychologist who is an internationally-recognized authority on brain-behavior relationships, traumatic brain injury, dementia, stroke, psychiatric disorders, aging, forensic neuro-psychology, and rehabilitation.

Biomed reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of Biomed.

FEES: CHEQUES: \$109.00 (CANADIAN) per person with pre-registration or \$134.00 (CANADIAN) at the door if space remains. CREDIT CARDS: **Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.** The tuition includes all applicable Canadian taxes. At the seminar, participants will receive a complete course syllabus. Tuition payment receipt will also be available at the seminar.

TO REGISTER: Please complete and return the registration form below. Or online at: www.biomedglobal.com. Or register toll-free with Visa, MasterCard, American Express®, or Discover® by calling **1-888-724-6633**. Or fax a copy of your completed registration form—including Visa, MasterCard, American Express®, or Discover® Number—to (925) 687-0860.

ACCREDITATION INFORMATION

This activity is co-provided with INR. Social Workers completing this program will receive course completion certificates. Application for approval of this course has been made to the ASWB for 6 hours of credit. This program is approved by the National Association of Social Workers (Provider #886502971-0) for 6 Substance Use Disorders continuing education contact hours.

For all inquiries, please contact **customer service at 1-877-246-6336 or (925) 602-6140.**

Please check course date:

___ Wed., April 26, 2017 (Edmonton, AB)
___ Thu., April 27, 2017 (Red Deer, AB)
___ Fri., April 28, 2017 (Calgary, AB)

REGISTRATION FORM

(This registration form may be copied.)

___ Wed., May 10, 2017 (Edmonton, AB)
___ Thu., May 11, 2017 (Red Deer, AB)
___ Fri., May 12, 2017 (Calgary, AB)

Please print:

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City: _____ State: _____ Zip: _____ Lic. Exp. Date: _____
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Please return form to:
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REGISTRATION INFORMATION

Please register early and arrive before the scheduled start time. Space is limited. Attendees requiring special accommodation must advise Biomed in writing at least 50 days in advance and provide proof of disability. Registrations are subject to cancellation after the scheduled start time. A transfer at no cost can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$35.00 (CANADIAN) administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Other cancellation requests will only be honored with a voucher. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$35.00 (CANADIAN) service charge applies to each returned cheque. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees are subject change without notice. **The rate of exchange used will be the one prevailing at the time of the transaction.**

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NATIONAL EVENTS

MINDFULNESS RETREAT

-For Counsellors, Therapists and Caregivers

Banff, AB:
July 19-20, 2017



The ability to regulate one's body and find balance in emotion, thought and physical health is at the core of healing and well-being. It is extremely important for caregivers to cultivate their own well-being and deepen their own practice of developing regulation skills. This 'working retreat' will assist participants in developing their own mindful practice and provide the opportunity to experience the effect of a deeper embodied presence and attunement with others.

Please visit our website for details.

EXCEPTIONAL TRAINING AND RESOURCES-Mental Health, Counselling and Violence Prevention

MOTIVATING CHANGE—Strategies for Approaching Resistance
Calgary: February 14-15; Edmonton: February 15-16

AUTISM—Strategies for Self-Regulation, Learning and Challenging Behaviours
Edmonton: February 23-24; Calgary: February 27-28

SELF-INJURY BEHAVIOUR IN YOUTH —Issues and Strategies
Edmonton: March 13-14; Calgary: March 16-17

BRIEF FOCUSED COUNSELLING SKILLS
—Strategies from Leading Framework
Calgary: March 20-21; Edmonton: March 20-21

WORKING IN SOCIAL SERVICES—The Essential Skills
Calgary: March 22; Edmonton: March 22

VIOLENCE THREAT ASSESSMENT—Planning and Response
Calgary: April 5; Edmonton: April 6

CRITICAL INCIDENT GROUP DEBRIEFING
Calgary: April 17; Edmonton: April 19

CHALLENGING BEHAVIOURS IN YOUTH
—Strategies for Intervention
Edmonton: May 2; Calgary: May 4

TRAUMA—Strategies for Resolving the Impact of Post-Traumatic Stress
Edmonton: May 15-16; Calgary: May 17-18

All CTRI Workshops are approved by ASWB:

CATEGORY A COMPETENCY CREDIT

DE-ESCALATING POTENTIALLY VIOLENT SITUATIONS™
Edmonton: May 29; Calgary: June 1

BORDERLINE PERSONALITY DISORDER
—Understanding and Supporting
Edmonton: June 12; Calgary: June 14

DEPRESSION —Practical Intervention Strategies
Edmonton: June 13; Calgary: June 15

WALKING THROUGH GRIEF—Helping Others Deal with Loss
Edmonton: July 10-11

WORKING WITH FAMILIES
—Strategies for Engaging and Helping
Calgary: July 19-20

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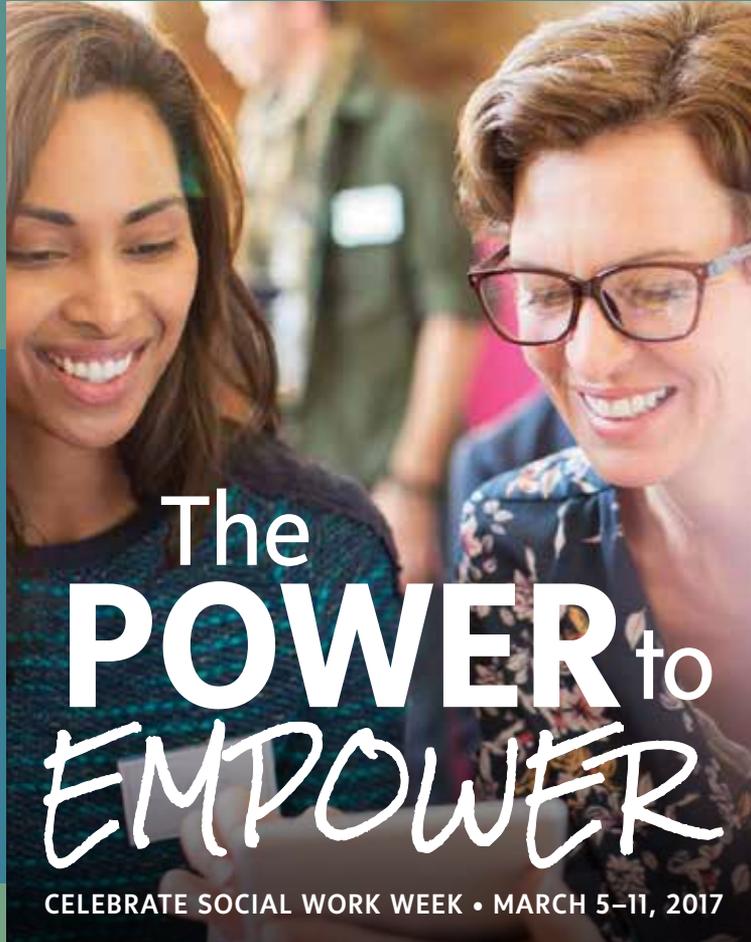
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Please contact us at 780-468-5506 or visit our website at www.angelsanonymous.org

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