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From the ARCAPPE Chair *Nicole Imgrund*

*M*y experience at the national CAPPE/ACPEP convention in the fall reinforced my sense that this is both an exciting and daunting time to be involved in our profession. It was a time to celebrate with regions that have made substantial progress towards the development of provincial associations, recognizing that the process and goals are considerably different for each region. It was also a time to reflect on what these changes will mean for both our national association and the Alberta region. It is difficult to imagine that ARCAPPE will not be significantly affected by the changes that are occurring within our profession and the healthcare regions in which we work. In the midst of these changes, I believe we are faced with a profound opportunity for leadership. While the opportunity for some other regions of CAPPE/ACPEP to join with an already established and vital coalition of healthcare workers is enviable, the possibility of being



at the forefront of establishing such a movement in our province is also an advantageous position. It allows us the opportunity to enter into dialogue with other non-regulated healthcare professions with a clear sense of our vision and goals for spiritual care. The discussion forums which the Executive has planned for June are intended to help us continue this articulation of our vision for professional practice in Alberta. The College Development Committee has also started the work of considering scope of practice for spiritual care providers in the province, particularly in relation to the Health Professions Act, as directed by the membership at our last AGM. These and other initiatives will prepare us for entering into dialogue with other non-regulated health professionals in Alberta.

The College Development Committee and Executive will report on some initial contacts with other professional associations at the

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CAPPE 2007 in Niagara Falls: Reflections *Marj Pettinger*

*I*t is always a privilege to attend our national convention. I feel both honoured and blessed to know that Caritas Health Group, who employs me as Coordinator of Spiritual Care, recognizes the importance of professional chaplaincy and sees fit to sponsor me to attend on their behalf.

Special moments for me include reconnect-

ing with colleagues from across the nation, meeting new people and making new friends. It is good to touch base again with individuals from the past, such as Eusebia (who studied at the University) and received her specialist status. Paul Benke from David Thompson Health Region also received his specialist status. We are privileged to have the opportunity to stand with and support

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ARCAPPE Executive

ARCAPPE Nominations Now Open

In preparation for the fall ARCAPPE AGM, **the ARCAPPE executive is accepting nominations** for the following positions:

- **Treasurer**
- **Nominations Chair**
- **Regional Admitting Chair**

Please consider what you might contribute to the organizational life of ARCAPPE or consider nominating one of our members.

A special thanks goes to Ruth Stevenson for serving as the Nominations Chair for this past year. Ruth, we wish you well in your life and ministry.



Ethics Education Module

An ethics education module will be offered:

Saturday, September 29, 2007

9 AM - 3 PM

Alberta Hospital Edmonton

Edmonton, AB

This education module is open to all CAPPE members, especially to those preparing for a peer review in 2007.

For more information or to register, contact Barbara Meyer at:

barbara.meyer@capitalhealth.ca or (780) 473-5532

From the ARCAPPE Chair cont...

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next AGM. As I consider the challenges that will arise from this initial stage of exploration with other disciplines, I can imagine a number of reasons that ARCAPPE is well suited for a leadership role. The first is the CAPPE/ACPEP core value of compassionate engagement. The development of meaningful, respectful relationships is an integral part of our daily work and would positively influence the quality of working relationships that emerge amongst disciplines. Our appreciation of diversity is another value that could prove essential in the dialogue. As each profession brings a unique set of issues and priorities to the discussion, our experience of facilitating diversity in education and practice could be a valuable asset in

moving forward.

The outcome of our exploration of professional practice concerns for spiritual and other non-regulated healthcare providers in Alberta is uncertain. It is impossible to know what insights or actions will arise from interdisciplinary dialogue. It is also not yet clear whether the formation of a provincial college or association is necessary or viable. What is certain is that change is happening in the various contexts of which we are a part and we have a choice about how we will respond. It is my hope that we will respond as leaders in healthcare who have a clear and hopeful vision of spiritual care for our province.

The Search for Meaning *Rhea Plouffe*



Many of us are wandering aimlessly down the path that once seemed to be so bright and clear. Society in which we live has become complicated and impersonal. We cannot make sense of what we see going on in the world around us.

Faced daily, either directly or through the media, with poverty, crime, war, moral decay and natural disaster, we cannot help but question the purpose of our lives.

Most people believe that they have a personal responsibility to give meaning to their existence. Something deep within compels us to seek meaning, to even 'invent' it when it is not readily available or when other forces work against it (i.e. illness, death, war, etc). Life must somehow make sense. Bare facts are not enough. We want to know what they mean. Individuals who are contented with the questions and answers provided by a su-

perficial media and an over technical society may not struggle for meaning. But for those of us who really want to live life, the "whats" are meaningless without the "whys".

The search for meaning is never-ending. Throughout life, we explore and search out a life motivated by significance and a sense of purpose. We search for a philosophy of life, a religion, a belief system, a profession, a social or political cause - something that will provide the reason for being. We need to make life worth living. Our attitude, conscious or unconscious, is that physical existence is a stage upon which we make up our own lines, and act out our chosen role in our play of life. We need to 'sing our own song'.

Why is the search for meaning so enduring and penetrating? Because meaning is ingrained in the very fabric of our being. It is the primary motivation of our lives. We cannot

do otherwise. The drive toward meaning is fundamental to the very essence of human existence. Despite the paradoxes and contradictions, we know that there is 'something more' to it all that defies our logic and rational wisdom and is capable of transcending the experiences we encounter in the world. We hunger for personal truth. It is this search that makes us the spiritual creatures that we are.

Some of the greatest insights into the meaning of life have emerged from intense engagement with situations of utter meaninglessness. Dietrich Bonhoeffer, a theologian and pastor, while in prison waiting for his execution became one of the strongest voices of religion. St. Thomas More, a lawyer and theologian, sat in prison for thirteen months before his execution writing some of his best philosophy. In the face of total meaninglessness Victor Frankl's urge

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CAPPE 2007 in Niagara Falls cont...

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those of our profession as they are recognized for their achievements. These events took place at our Saturday evening banquet as certificates were handed out to those reaching advanced standing, specialist status and supervisory status (at various levels.)

Prior to this photo being taken a number of our members had already returned home. Neil Elford and Bob Cardinal were among those having to leave early and we shared with them in their sadness and grief at the death of Ravin (a



well known elder from the Aboriginal Community.) I first met Ravin when I was a CPE student at the University Hospital.

We arrived in Niagara Falls Tuesday evening February 6th, 2007. The week was jamb packed with presentations but we also took time out to walk down from our hotel to view the falls.

But mostly we were there to learn and to share our experiences.

It is always difficult for me, upon receiving the registration form, to

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The Search for Meaning cont...



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to meaning took on a grandeur defying all rationality. During his three years at Auschwitz and other Nazi prisons, Frankl developed his theory of Logotherapy.

James Hillman has written about a concept he calls the acorn theory to describe that which holds that each person bears a uniqueness that asks to be lived and that is already present before it can be lived. He bases this upon the belief that each person comes into the world with a special calling. He sees this lack of destiny and personal calling as one of the reasons for meaninglessness. When meaning is lacking, people become depressed, listless, and even suicidal. In the first chapter of the Bible we are told that we are "created in the image of God". Here, we are, first of all, defined in our dimensions of being and existence which consists of a sense of calling, connectedness, worth and destiny, meaning and purpose that have a sense of transcendence about them. Our creation in the image of God speaks less of the nature of God's image than of its purpose. The divine image we bear makes it possible for us to be in communion with God. Ultimately a solid identity comes from knowing who one is in the eyes of the Creator.

Some people might call lack of meaning an 'existential illness'. Jung was concerned with such spiritual or existential illness, and said that any psychoneurosis must be understood, ultimately, as a suffering soul that had not discovered its meaning.

Michael Kearney, a medical doctor, calls this kind of suffering 'soul pain', which arises when an individual becomes cut off from or is at odds with the deepest parts of him or herself.

Just as connectedness with one's

soul may bring wholeness and a sense of significance, soul pain describes an experience of fragmentation, alienation, and meaninglessness. Kearney, who works at a hospice in Dublin, argues that soul pain is both at the root of, and a cause of pain associated with, many physical diseases.

The search for meaning is evident in so many aspects of our lives. Questions such as: What is my life all about? What does my job mean? What does it mean to be me? Why was I born and why was the world created? are spiritual invocations, prayers that

**"Meaning is already present in
ever atom of matter and each
thought of mind."**

are answered not in words but through experience. Spirituality comes alive in people as they ask these tough questions for the first time in their lives. Their questioning and doubt move them into greater depth. The questions may be painful and the answers elusive - all the better to make room for mystery and to make space for wonder. Healing happens when we come to our edge, to the unexplored territory of mind and body, and take a step beyond into the unknown.

Ironically, it is sometimes when we refrain from imposing meaning, and choose instead to be totally present to our chaos and our darkness, that an unexpected sense of meaning begins to emerge. One often experiences this while in the presence of those who are dying - in the final hours of their earthly lives.

In my years of journeying with the terminally ill I have seen individuals who could truly live their dying after they got beyond reason to where they could see and understand the greater meaning of their experience. They had

a view of ultimate reality that took them to beyond their individual lives. They died a meaningful death with dignity by virtue of finding their self-identification with what does not die.

Rumi, one of the greatest mystical poets of Islam writes:

*Pass beyond form, escape from
names! Flee titles and names to-
ward meaning!*

One might ask if meaning is created or discovered. Mystics affirm that meaning does not need to be brought into being - only discovered. This knowledge is "within us". Meaning is already present in every atom of matter and each thought of mind. Because everything in the universe is interconnected, every human being possesses the means to know God directly and to understand the meaning of every domain of existence. Mystics in many traditions have spoken of the experience of the unity of all things found in the depth of the human soul and in the world of nature.

Ultimately, the meaning of both physical existence and human life lies in the Creator, just as the meaning of a garden is not in the fruits and vegetables themselves, but proceeds from the intention of the gardener. This perspective equates the purpose of humankind with the divine will of God. Rumi affirms:

*Whoever has been parted from his
source longs to return to that state
of union.*

Truth cannot be hidden from those who seek it sincerely and tenaciously. Spirit's truth finds those whom truth wants to be found by. The title of a book on Zen expresses this well: *That Which You are Seeking is Causing You to Seek*. All the truths of existence can - and will - be revealed to those who thirst for that knowledge with every fiber of their being. This is a promise made by mystics.

CAPPE 2007 in Niagara Falls cont...

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pick those particular conference workshops that I wish to attend. The conference theme was “After the Honeymoon; Identity, Practice and Relationships.” The workshops are ‘usually’ very enticing so with some communication with colleagues we determine which ones best fit for our areas of ministry, or of interest, and whether it might be possible to split those among us. This could allow us to share what we glean upon returning home.

Philip Behman and Marcel Leffelaar from the new Alberta Children’s Hospital in Calgary were awarded the top prize for their fabulous musical poster presentation “Enhancing Spirituality Through the Use of Music.” Congratulations to them on a job well done. Zinia Pritchard, from the Grey Nuns Tertiary Palliative Care unit in Edmonton, presented an extensive and brilliant poster presentation entitled “Dark Night of the Senses in Palliative Patient & Family” and deserves our congratulations as well. A sense of pride arises within me as I see both the number of participants from ARCAPPE and the giftedness individuals bring not only to their own area of ministry but with an eagerness to share with all of us.

We were challenged by our key note speaker, Rev. Peter VanCapin, to “See the Same Differently.” We were taken on a journey as we looked at the historical roots of CAPPE, the visions and the stories of those who forged the way for

us as chaplains. People like Anton Boisen and others who saw a need and were willing to take the risk, step out and meet that need head on. They left us a legacy in creating the foundation for the current CPE model of education. They laid the foundation for us to move ahead and constantly strive to develop new ideas and new tools to continue to improve how we do what we do. VanCapin challenged us to take Scott Peck’s “Road Less Traveled” as we move into the future with a different perspective. The very nature of theological reflection encourages us to look at things differ-



ently. Both faith and the use of humour are important aspects as we shift the context and allow ourselves to see the same differently.

The workshop entitled, “Conversational Tools for Spiritual Care Supervision” presented by Colleen Lashmar, flowed nicely from VanCapin’s plenary session as it looked at CPE training and how it has evolved since its inception. Although I am not a CAPPE supervisor, I am Coordinator of our Spiritual Care Department and teach adult education outside of

CAPPE. I have, in the past, been a student of CAPPE, both PCE and CPE and have a natural curiosity to see the inner workings and to glean insight into what makes a supervisor tick. And so I journeyed into that hallowed ground of supervisors. In my own experience as a student, I witnessed firsthand the change in supervision from the ‘power over’ control model to a model that is geared to adult education. Supervisors are people, just like you and me. They are there to assist in the student’s learning process, to encourage, to challenge and to evaluate. Because each supervisor is different, they will probably adopt different methods of supervising that fit for them and their students. This is not unlike other adult educational institutions. The ultimate goal of supervision is to:

- facilitate the learning of the student around the basics of spiritual care provision;
 - how to avoid doing harm,
 - try to do some good,
 - trust that God (Holy Mystery) is in the process
- and through all of this to help the students to grow in self understanding and in their ability to provide good spiritual care to others.

I attended “Pre-conference Institute 2 - A Small Flame: Sustaining the Soul in a Wounded World” and plenary session “Weaving Webs of Community – Reconnecting Soul and Role” both by



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Congratulations to Successful Caritas Candidates

The Spiritual Care Departments of the three Caritas Hospitals (Misericordia Community Hospital, Grey Nuns Community Hospital and the Edmonton General Continuing Care Centre) were previously staffed with Chaplains and a Team Lead (about 15 staff in total), all accountable to one Vice President. Effective, April 23, 2007, the Team Lead positions were eliminated and three Coordinator Positions were created, one for each Caritas Site. Congratulations to the successful applicants for the three Coordinator positions: **Dr. Darlene Pranke** at the Misericordia Community Hospital, **Dr. Marj Pettinger** at the Grey Nuns Community Hospital and **Father Thomas Stefanyk** at the Edmonton General Continuing Care Centre.

8th World Congress of the International Council on Pastoral Care & Counselling

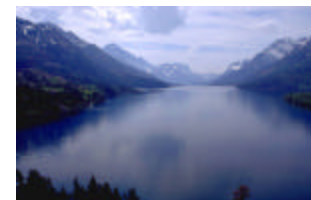
Siblings by Choice: Intercultural Empowerment Facing Global Processes of Conflicts by Story Telling, Research and Cooperation



Pre-Conference: August 4—7, 2007, Dresden, Germany **Congress:** August 7-14, 2007, Krzywowa, Poland

The main conference will be held in Krzywowa, Poland just across the border from Dresden. Bus transportation will be arranged to take participants from Dresden to Krzywowa and then back to Dresden after the Congress. CAPPE/ACPEP was a significant partner in the establishment of ICPCC in Edinburgh in 1979 and at the San Francisco gathering in 1983. Those first two gatherings were attended by delegates appointed by the various pastoral associations throughout the world. Starting with Melbourne in 1987, the gatherings have been open gatherings. Persons interested in attending the pre-conference gathering should be in touch with the President, Ursula Pfaefflin: upfaefflin@t-online.de as soon as possible. For more information visit the ICPCC website at: <http://www.icpcc.net>

CAPPE 2007 in Niagara Falls cont...



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 Caryl Hurtig Casbon. Institute 2 introduced us to "Circles of Trust" retreats. The second session was a continuation of the first. Casbon, who hails from Oregon, utilized a lot of Parker Palmer's work and highly recommended his books. Three of these books, "Courage to Teach," "Let Your Life Speak" and "Hidden Wholeness" were available for purchase at the book table during the conference and I purchased all three. Casbon had us looking at our own mission statements and we were encouraged to engage at a deeper level with our inner selves. The self-care concept that we, as chaplains, espouse (and

sometimes don't practice) was evidenced as we were presented with questions such as: How do we renew ourselves? What keeps you connected to your core being? There were other similar reflective questions challenging us to be aware of our own needs. Through various readings of prose and poetry we were led through a process of reflecting on the seasons of our lives. We were encouraged to think and then speak to which season we are in, in the present moment. Formation (open-ended) questions often invite us to listen to our inner selves. Over and over again we heard the words, "Let your life speak." The experience of this workshop

touched my heart. It was very personal on a different level of learning. It was an inner search, an inward sense of self-awareness. It took me back to my doctoral studies in which I was the subject and the object was the complete integration of all aspects of my being, soul, spirit and body. In the final analysis that is what chaplaincy is all about. As we come to a greater understanding and acceptance of who we are, in all our complexities, then we can come alongside others and journey with them in their need.

Overall the conference was a great experience and I look forward to seeing many of you in Victoria next year.

ARCAPPE Executive

Professional Practice Report *Zinia Pritchard, Professional Practice Chair*

First, may I express a heartfelt "thank you" to Bert Enns, Past Chair of Professional Practice, for her gracious guidance and support in orientating me to this new position.

ARCAPPE Professional practice Highlights

Peer Reviews

Thank you to all members who have so willingly offered peer support in these review processes. In summary: one Specialist Peer Review was ratified at the CAPPE 2007 Conference with two Specialist Peer Reviews and two Supervisor Peer Reviews due for completion by December 1st 2007.

Ethics Module

A reminder for all who are not aware that the *Professional Ethics Module* is a pre-requisite for peer review. Thank you to Ethics Chair, Barb Meyer, for her upcoming Ethics Education Module Workshop scheduled: Saturday, September 29th, 2007 @ 9 AM – 3 AM at Alberta Hospital, Edmonton. This module is open to all CAPPE members. For further information or to register please contact Barb at: barbara.meyer@capitalhealth.ca or call (780) 473-5532.

Spiritual Assessment Forms

Stretching over a number of years now our region has been exploring the question of spiritual assessment and charting. In 2004 this matter was deferred to the Professional Practice Commission. As a region we had discerned the following issues around assessment and charting 1. the problem of language; a way of charting that can best facilitate communication of spiritual perspectives; 2. the problem of confidentiality; a way of relating how and what to record and why, (bearing in mind the guidance already offered by the Health

Information Act) and 3. the site-specific nature of charting; a way of honouring what is contextually appropriate.

In spite of a lack of direction from the national level we have seen some recent movement toward action within our region. The Royal Alexander Hospital, (Debbie Everett, Elaine Nagy et al) are to be commended for the Spiritual Assessment Form they have developed in collegial discussion with other Capital Health/Caritas peers. It is significant that this tool builds upon the one developed by Calgary Health Region's Philip Behman and Marcel Leffelaar.

In reviewing the use of spiritual assessment tools in Edmonton, the Capital Region Pastoral and Spiritual Care Advisory Council notes the differences in practice between health care facilities and the lack of communication between chaplains in different facilities, an observation that raises the question of consistency in professional practice standards within our profession.

Research

Kudos to Philip Behman and Marcel Leffelaar for being awarded 1st prize by Conference participants for their poster presentation highlighting their music ministry at the new Alberta Children's Hospital.

National Professional Practice Highlights

Peer Reviews

A recent change notes special consideration to be granted to those in special circumstances. This and other changes related to peer review are posted on the CAPPE website.

Research

The PPC is promoting skills building capacity for research and the establishment of a research award is being proposed. A timely reminder, perhaps, that

our region has established a Research and Development Fund up to the amount of \$1000. per budget year for members engaging in research initiatives.

Evidence of our profession's growing interest in research saw two unique events at CAPPE 2007 Conference: (1) an Introduction to Basic Qualitative Research workshop and (2) the advent of poster presentations, (both initiatives spearheaded by one of CAPPE's research leaders, Tom O'Connor).

The PPC research sub-committee is interested in soliciting the input of other peers in research who can provide orientation by way of articles/materials that may be posted on our CAPPE web site as a means of introducing the topic of discipline specific and interdisciplinary research. For the present we note Tom O'Connor's recommendation for those interested in research to check out the Society for Pastoral Counselling Research @ www.pastoralcounselling.ca

CAPPE/ACPEP and AISSQ/ASCPO Continuing Education/Professional Development Survey

Continuation Education workshops are to be established for each CAPPE Conference. ARCAPPE members should soon receive an e-mail message from CAPPE alerting them to the Continuing Education Survey which has been developed by PPC as a means of canvassing the membership's education and professional development needs. It only requires about 10 minutes to complete with responses needing to be in by June 30th Your completion of this survey is very much appreciated.

Award of Excellence

Unfortunately, PPC received no nominations for the Award of Excellence this past year! Surely, our region has a few more shining lights that we can nominate this year.

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Farewell to Our Yellow Rose Nancy Cowtun



Rosemary von Keitz entered a CPE residency program in September 1990 at the Foothills Medical Centre in Calgary. Following the residency year, Rosemary worked as a Chaplain Specialist for five

years at the Colonel Belcher Hospital and with GARP at the Rockyview General Hospital. In 1997 Rosemary became the Site Chaplain Co-ordinator at the Peter Lougheed Centre and a CPE teaching supervisor within the Calgary Health Region. In 1993 Rosemary was ordained an Anglican Priest.

On April 27, 2007 Rosemary retired as a chaplain with the Calgary Health Region. Many celebrations were held in conjunction with this event.

Rosemary was presented with the *Take A Bow* award at the PLC April Management Meeting. This award recognizes staff who exemplify the Region's core values (honesty, integrity, dignity, trust, respect, responsiveness, creativity and learning) and have contributed significantly in achieving the Region's balanced scorecard goals. This was Rosemary's second *Take A Bow* citation in the 9 years she was at the PLC.



The Spiritual Care volunteers at the PLC held a potluck luncheon on April 11, 2007 to bid farewell to Rosemary. Most of the volunteers were able to attend the affair. Rosemary received a number of cards and gifts, and was overwhelmed by the many offerings. In keeping with Rosemary's humble character, this luncheon doubled as a 75th birthday celebration for Maureen, one of the Roman Catholic Eucharistic ministers, and tripled as the luncheon to honour the Spiritual Care volunteers during National Volunteer Week. Each of the volunteers received a gift purchased from Ten Thousand Villages. It was an exceptional affair and a great send off by the volunteers.



Then, in the evening of Friday, April 27, 2007, Rosemary was honoured by her CHR co-workers at a potluck dinner. Everyone received a yellow rose and we sang "The Yellow Rose of Texas" in honour of Rosemary. Everyone talked and sang and just enjoyed the evening.

On Monday, April 30th, Rosemary left, lock, stock & barrel for Barrie, Ontario. At the end of May, Rosemary took on the daunting task of creating a chaplaincy position with the Muskoka Algonquin Healthcare in Ontario. We wish her the best in that endeavour.



Professional Practice Report cont...

(Continued from page 7)

College Development

I refer you to the College section of the CAPPE web site to explore the movements across Canada toward college or professional associations. Nationally, the matter of professional designation/scopes of practice continues to be under consideration as does the im-

port of colleges/associations upon CAPPE/ACPEP. The PPC is seeking to appoint a facilitator who can help to encourage dialogue among the various college/association committees across CAPPE as they engage in this developmental process.

ARCAPPE's college sub-committee is currently in transition but work is un-

derway to explore potential partnerships. In our region the work toward a college or association appears to be set within the broader quest of how spiritual/pastoral care and counselling can be further integrated within health care. To this end, it is hoped that ARCAPPE membership actively engage in the upcoming discussion groups across our region.

Alberta Region of CAPPE/ACPEP

ALBERTA REGION OF CAPPE/ACPEP

Please send any news items or articles you would like to have included in the next newsletter to the editor:

Marcel Leffelaar
Phone: 403-955-2906
Fax: 403-955-2444
Email: marcel.leffelaar@calgaryhealthregion.ca



The ARCAPPE Newsletter
It's on the Web!

www.cappe.org/resources/alberta/newsletters_alberta.html

Thanks to Sister Liz Lynch who proof reads each ARCAPPE newsletter issue before it is mailed out!

Your 2006 ARCAPPE Executive

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Elaine Nagy elainenagy@cha.ab.ca

Pastoral Counselling Group, Edmonton Update Marie Powers

Earlier this year the Pastoral Counselling Group was re-named the Community Counselling Centre, which more accurately reflects our interdisciplinary nature. Although pastoral counselling remains our mainstay, we offer a variety of mental health resources.

As of August 1/07 we will relocate to #202, 10534-124

Street, Edmonton, as Capital Health proceeds with plans for the building we now occupy at the Edmonton General Site.

When the moving dust has settled, we look forward to providing a fuller profile of who we are at that point and maybe even some pictures...

