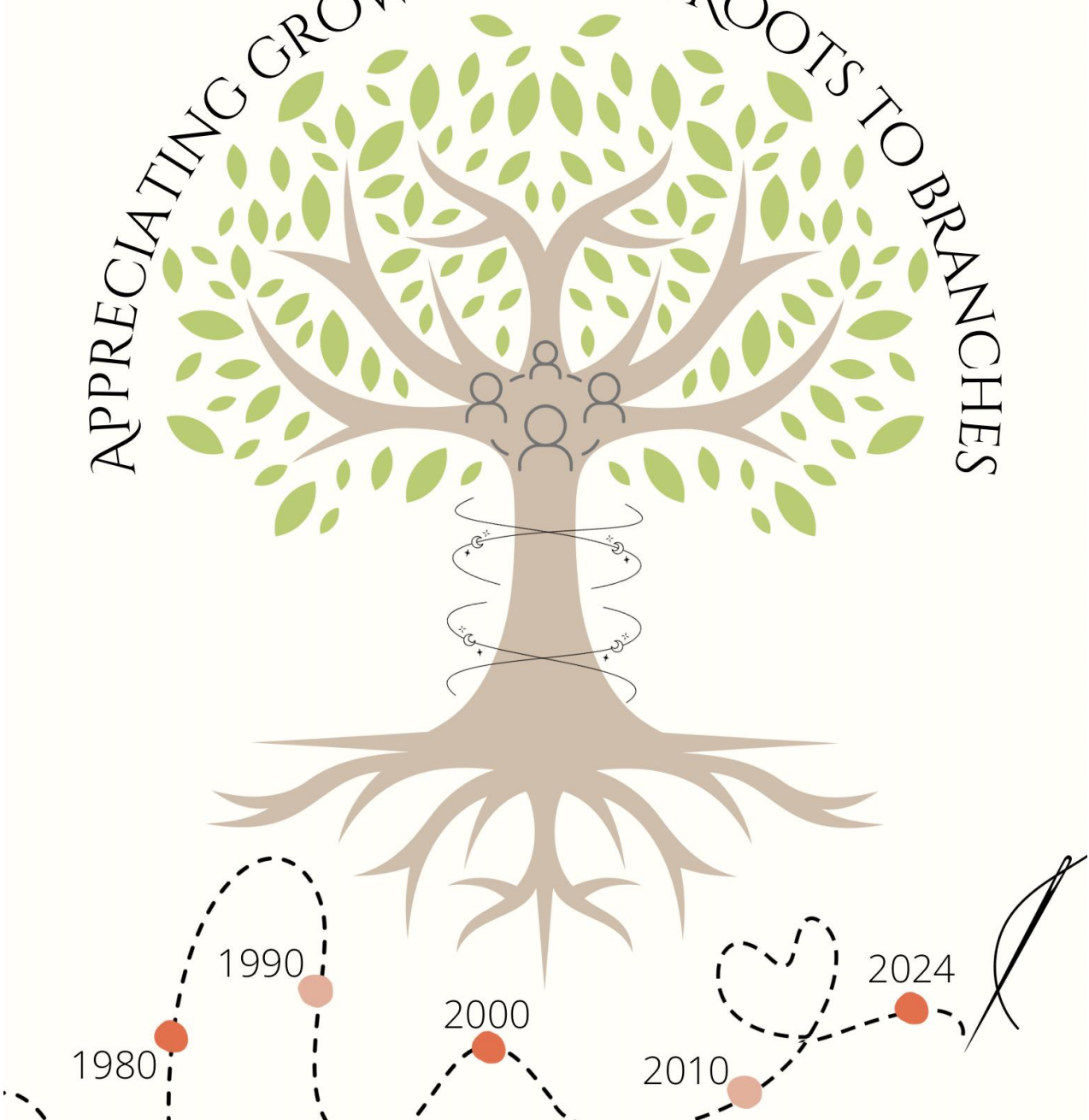


CityU (UN) Conference 2024

June 7-9

APPRECIATING GROWTH FROM ROOTS TO BRANCHES





Appreciating Growth from Roots to Branches

UnConference Opening Event

Friday, June 7

5:30 pm – 7:30 pm (PDT)

6:30 pm – 8:30 pm (MDT)

Register using the link: https://cityu-edu.zoom.us/meeting/register/tZAocOCrQD8qG90Vwt3_HaaNhD0N6xRz2vit

Dialogue on Relationality in Inquiry and Learning

As we continue to unconference our approaches to capstone and research, we would like to begin the 8th biannual UnConference with a Dialogue on Relationality. As we celebrate our interconnectedness and the importance of relationship, we would like to explore the role of relationality in learning and inquiry. In a conversation with students and faculty, we would like to reflect on what relationality means to us as practitioners, scholars, and learners. What does relationality look like and feel like? How can we intentionally honour it and recognize its role in our work? How can we make space for it in systems that are not always relational? We will share stories, experiences, and honour the impact that relationality can have on our lives. Come join the conversation!



Saturday, June 8 8:30 am – 4:15 pm (PDT); 9:30 am – 5:15 pm (MDT)

[REGISTER FOR JUNE 8-VIRTUAL](#)

8:30 - 9:45 am: UnConference Gallery- Prerecorded Sessions

Room 1	Room 2	Room 3	Room 4	Room 5	Room 6
<p>Pooyeh (Nelly) Jalalipour- (MC-Victoria)</p> <p><i>Utilizing Self-Care Strategies to Support Therapists Offering Video Therapy Following the Onset of The Covid-19 Pandemic</i></p>	<p>Lianne Labistour- (MC-Vancouver)</p> <p><i>Chosen Loss: A Closer Look at Adult-Child Parental Estrangement</i></p>	<p>Lillian Huynh- (MC-Vancouver)</p> <p><i>Aging and Mental Health: The role of Positive Well-being</i></p>	<p>Chantel Van Vilet- (MC-Vancouver)</p> <p><i>The Psychological Impact of Female Infertility</i></p>	<p>Hayley Bouton- (MC- Vancouver)</p> <p><i>Blurring the Boundaries of Racial Privilege and Oppression: Exploring the Narrative and Lived Experience of Mixed Race Individuals.</i></p>	<p>Riyah Sidhu- (MC-Vancouver)</p> <p><i>Couples Therapy: Looking at Infidelity Through a Multi-therapeutic Lens</i></p>
<p>Kristina Sadrolashrafi - (MC-Vancouver)</p> <p>More than words: Importance of the body's nervous system and the value of</p>	<p>Dionne Chan- (MC-Vancouver)</p> <p><i>Intersectional and Systemic Factors in Migratory Grief and Migrant Mental Health</i></p>	<p>Claire Nyrose- (MC-Victoria)</p> <p><i>Utilizing Harm Reduction Strategies in Counselling Living with Eating Disorders</i></p>	<p>Lucia Arreaga- (MC-Vancouver)</p> <p><i>Counselling in Menopause</i></p>	<p>Sherine McNaughton- (MC- Vancouver)</p> <p><i>Understanding Misogynoir and its Impact on the Mental Health of Black and Mixed Race Black Cis, Trans, Queer and Lesbian Identifying</i></p>	<p>Amanda Avison- (MC-Victoria)</p> <p><i>Interracial Couples and the Barriers that Affect the Relationship: Implications for Couples Counselling</i></p>

somatic experiencing				<i>Women. A Counsellor's Guide to Exploring Misogynoir.</i>	
Harmony Wildman- (MC – Victoria) <i>Healing Through Humour: A Space for Laughter in a Historically Heavy Setting</i>	Leigh Kankewitt- (MC- Vancouver) <i>Watching Someone You Love Die: An Integrative Approach for Adolescents Dealing with the Traumatic Impact of Parental Life-limiting Illness.</i>	Rachel Kjeersgaard - (MC- Victoria) <i>Smartphones and ADHD</i>	Valerie Hamilton- (MC- Vancouver) <i>Midlife Women's Health: Elevated Risk of Depression During Perimenopause</i>	Nicole Randall- (MC- Victoria) <i>Therapy in Solidarity: The Ethical Imperative of Social Justice in Counselling Through Decolonizing and Queering your Practice</i>	Kelsey Lee- (MC- Vancouver) <i>Viewing Insecurely Attached Couple's Relationship Satisfaction Through an Attachment Theory Lens</i>
Amy Wierks- (MC- Vancouver) <i>Healing from the Harmful Effects of Evangelical Purity Culture</i>	Tsu Weir Helen Young- (MC- Vancouver) <i>Effects on Childhood experiencing a death of a parent</i>	Georgina Holdal- (MC- Vancouver) Boomers — Babies No More	Julia Wilkinson- (MC- Vancouver) <i>Gendered Unpaid Labor in Parenthood: Impacts on Women's Mental Health</i>	Navdeep Khabra- (MC – Vancouver) <i>Building Cultural Humility for Therapeutic Practice with Queer Racialized South Asian Men</i>	Luis Zavala- (MC- Vancouver) <i>Psychological Effects of Problematic Internet Pornography Use</i>
Sage Stevenson- (MC- Vancouver) <i>Etuaptmumk : Healing Indigenous Ancestral Roots Through Group Circle</i>	Rosalind Christian (MC – Virtual) <i>Population Level Interventions, for Population Level Distress, in the Context of Wildfire and Climate Catastrophe</i>	Tina Li- (MC- Vancouver) <i>Scroll to Cope - The Relationship Between Social Media Addiction and Emotional Regulation</i>	Sophie Nataros- (MC- Vancouver) <i>Gaps in approaches to women's health - eating disorders</i>	Suzanne Wood- (MC Virtual- Alberta) <i>Psychogenic Non-Epileptic Seizures - When the Unconscious Presents as Neurological Disorder</i>	Sierra Birkett- (MC- Vancouver) <i>The Impact of Childhood Maltreatment on Romantic Relationships and the Efficacy of Emotion Focused Therapy to Help Heal</i>

					<i>and Deepen Intimacy</i>
Ingrid Mesquita- (MC- Victoria) <i>Exploring the Radical Imagination Through Afrofuturism</i>	Yalda Ravanbaksh- (MC- Vancouver) <i>Intergenerational Trauma Healing: An exploration of Select Somatic Therapies and Constructive Resilience</i>	Nidia Teran Esparza- (MC- Vancouver) <i>The Neurobiological and Clinical Consequences of childhood trauma: Consideration for treatment in psychology.</i>	Manisha Bains- (MC- Vancouver) <i>Domestic Violence within the South Asian Community</i>	Kiran Dhaliwal (MC- Vancouver)- <i>Ketamine Along with Psychotherapy for Treatment-Resistant Depression</i>	Sara Durand- (MC- Victoria) <i>Examining the Influence of Harmful Social Media Spaces on Men: Exploration of Developing Alternative spaces to Mitigate the risk of both Men and Women's Well-being.</i>
		Anja Hedji Milasin (MC- Vancouver) <i>MDMA-Assisted Couples Therapy for Trauma Healing</i>	Dulce Castillo- (MC- Vancouver) <i>Is a holistic therapy possible in a brief modality format?</i>	Lea Hutcheon- (MC- Victoria) <i>'We Move Together': Bringing Disability Justice to Counselling Practice for the Benefit of All Clients</i>	

10:00 –10:30 am – Opening and Welcome

10:30 am – 11:15 am: Talk/Play Sessions 1

Breakout Room 1 – Teach Session	Breakout Room 2 - Talk Sessions
<p>Julia Folk MC-Victoria</p> <p>Treatment of Chronic Pain in the Therapy Room</p>	<p>Zane Jiwa MC-Vancouver</p> <p>Traumatic Brain Injury (TBI) and Impact on Emotional Regulation</p>

	<p>Michelle Heshka MC-Vancouver</p> <p>Ramp up Awareness: Psychological Impact of Acquired Lower Limb Amputations</p>
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11:15 – 11:30am: Break (15 minutes)

11:30 –12:00 pm: Talk/Build Sessions 2

Breakout Room 1 – Build Session	Breakout Room 2 - Talk Sessions
<p>Finu Cherian MC-Vancouver</p> <p>Empowering Counsellors to Better Support Informal Caregivers to Prevent and Treat Caregiver Burnout</p>	<p>Samantha Oakes MC-Vancouver</p> <p>Life without Mom: Understanding Developmental Challenges</p>
	<p>Tara Snape MC-Vancouver</p> <p>Counsellor Recommended Resources: Considering Accessibility (and Social Media) When Referring Parenting Resources</p>

12:00 – 1:00 pm Lunch

1:00 – 1:45 pm – Teach Sessions

Breakout Room 1 - Teach	Breakout Room 2 - Teach
<p>Tracy Laverty MC-Virtual</p> <p>miyoopimatishikh - Métis Wellbeing</p>	<p>Ryan Gaskin MC-Vancouver</p> <p>Religious Trauma: Making Sense of, and Seeking Healing for Spiritual Wounds</p>

1:45 – 2:00 pm – Somatic Break with Madeleine Downey

2:00 – 2:45 pm – Student Reflections on Capstone (Tips and Tricks)

3:00 – 3:45 pm – Talk Sessions

Breakout Room 1 – Talk Sessions	Breakout Room 2 - Talk Sessions	Breakout Room 3 - Talk Sessions
<p>Chelsea DeFazio MC-Vancouver</p>	<p>Zöe Dagneault MC-Vancouver</p>	<p>Aimee (Amy) Chan MC-Vancouver</p>

Reducing Barriers to Treatment for Drug-Addicted Survivors of Human Sex Trafficking	Where There is Tinder, There's Fire: Navigating Love App-tually by Understanding Red Flags through an Attachment Lens	Enhancing Access to Mental Health and Substance Use Services for At-Risk Youth: A Community-Based Approach.
Gabriela Rosales MC - Using a Liberation Psychology Framework in Counselling LGBTQIA2S+ Clients	Hannah Jarvis MC-Vancouver The Ethics and Efficacy of Kink-Affirming Therapy	Eric Hadley MC-Vancouver Turning Toward Death: The Importance of Reflecting on Mortality in Therapy
	Rory Fisher MC – Victoria The Complexities of Defining and Treating Narcissistic Personality Disorder: A Psychoanalytic Perspective	John Moss MC-Victoria Mystical Attachment

3:45 – 4:15 pm Reflective Wrap-Up Activity



Sunday, June 9, 9:00 am – 5:30 pm

June 9, 2024 (in-person at the [Museum of Vancouver](#) from 9:30 am to 5:30 pm PDT)

[REGISTER FOR JUNE 9-IN PERSON](#)

9:00 – 9:30 am: Sign in, Breakfast Networking

9:30 – 10:40 am

Welcome Opening with Elder Martin Sparrow

It is with gratitude that we begin the day with an opening from Elder Martin Sparrow of xwməθkwəyəm (Musqueam) Nation.

Cedar Hearts Workshop

with Moon Tide Reconciliation <https://www.moontidereconciliation.com>

Join Shona Sparrow of xwməθkwəyəm (Musqueam) Nation for a workshop on making cedar hearts. All participants will take their cedar heart home!

10:50 – 11:50 am: Sessions

Room A – Patio / History Room	Room B - The Joyce Walley Room
<p>Michelle Morris – Ritual and ceremony</p> <p><i>Healing Trauma Through Community</i></p>	<p>Olessia Axenova – Talk and Walk session</p> <p><i>Therapeutic Alliance: Factors and Skills for Cultivating Presence and Repairing Ruptures</i></p>
<p>Michelle Miller – Teach and Explore session</p> <p><i>Children at the Checkpoint: Promoting the Mental Health of Palestinian Children Living in the West Bank</i></p>	<p>Jess Tang – Talk and Walk session</p> <p><i>Championship Mindset: working with high performance athletes as RCC's</i></p>
	<p>Janine Binanitan – Play and Connect session</p> <p><i>Continuation of Living: Maintaining Dignity and Quality of Life within the Process of Aging</i></p>

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12:00 - 1:15 pm: Lunch & Connect / Visit the Museum

1:15 - 1:30 pm: Somatic Break with Madeleine Downey

1:30 – 2:20 pm: CityU Panel Alumni Discussion with Dr. Joel Domingo – Post Graduation Conversation

2:30 – 4:30 pm: Sessions

Room A – Patio / History Room	Room B - The Joyce Walley Room
<p>Oliver Wang – Talk and Walk session <i>Effect of Filial Piety on Complicated Grief</i></p>	<p>Luke Primus – Build and Grow session <i>Pills, Politics, and Propaganda: How Capitalism is Hijacking Mental Health</i></p>
<p>Katelyn Peterson – Teach and Explore session <i>Police, RCMP, and PTSD: Integrating the Before Operational Stress (BOS) Program into Detachments</i></p>	<p>Hilary Ison – Build and Grow session <i>Functional neurological disorder and emotion-focused treatment</i></p>
<p>Jason Currier – Play and Connect session <i>Begin Again: Inspiration From a Friend to Pay Attention</i></p>	<p>Jo Sawa – Talk and Walk session <i>Self-Sabotage in Romantic Relationships</i></p>
<p>Christina Chu – Build and Grow session <i>Individualism and Collectivism in Psychotherapy: Is therapy in North America individualistic? Exploring the infusion of collectivism into therapy practices</i></p>	<p>Adam Shillington – Talk and Walk session <i>Integrating anti-oppressive practice into mobile crisis response</i></p>

Break

4:45 - 5:30 pm: Closing Reflection and Thank You’s (Patio)