



INTERNATIONAL ASSOCIATION
OF APPLIED PSYCHOLOGY

COUNSELING DIVISION 16

NEWSLETTER

April 2018, Number 1

Greetings from the President



Dear members of Counseling Division,

I must ask to all of you to excuse my mistakes, during my “job” as president of Counseling Division, and much interested in your accounts of the effect have had upon you. But I am very grateful to all my colleagues and friends: I’ve learned many things, some of them boring, but all of them very important, and, quoting John Steinbeck “I am learning how specialized I am and also that the degree of specialization is also the degree of limitations”. I was unfortunately unable to trace all developments, all new research, all new programs of interventions, all the important issues done to live in the real world, because counseling must be considered as a relevant part of a useful activity, and, as with any other social activity, it is evolving with an increasingly vast social world. New paths are opening allowing for counseling to be understood as an interrogative process of critical thinking. This happens due the work developed by all, and, in working together, we can anticipate a future where counseling could be considered as part of a real world. I do not want to define something because is to limit it; I do not want to classify something because is to falsify it; I do not want to fix something into position because is to allow reason to overshadow imagination; I just want to say my honour and privilege to served Counseling Division.

Enjoy and have fun in Montreal (or anywhere).

With best wishes,

Maria Eduarda Duarte

See you soon in Montreal



Dear Colleagues,

It is always challenging the opportunity of working at the newsletter of the Counseling Division 16 and trying to promote a sense of connection among the many members of our community that with their everyday work testify the value of counseling in our societies. I hope everybody has the opportunity to continue to contribute with their efforts to a better world and to the achievement of the sustainable development goals that the United Nations set in the 2030 Agenda for all countries. Accordingly I call all of you to enrich our next newsletter with reflections, initiatives, actions, ideas, programs that are in line with the SDGs.

Waiting to see you at our incoming conference in Montreal I thank all of you for giving me the chance of walking together in this meaningful journey.

Warm regards

Lea Ferrari

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- ◆ **Charles Chen** (Canada) Enriching career Psychology with positive compromise
- ◆ **Kobus Maree** (South Africa) Contextualizing and decontextualizing different approaches to career counseling for use in diverse social contexts: some research findings
- ◆ **Jerome Rossier** (Switzerland) Using contextual and personal resources to manager our environment con straints and design our lives

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◆ ESVDC AND

"Life designing
education) for



JUNE 26-30
29th International Congress
of Applied Psychology
MONTREAL

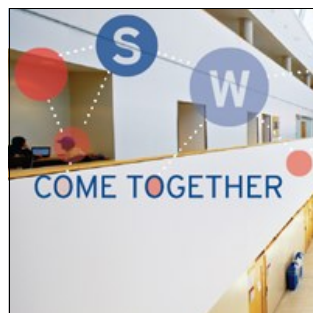
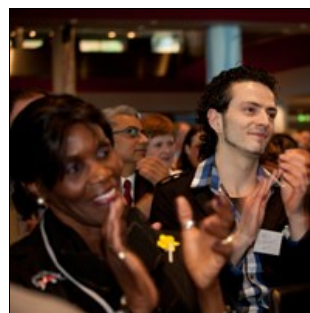
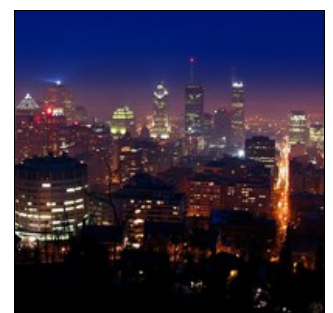
UNESCO UNITWIN NETWORK

*interventions (counseling, guidance,
decent work and sustainable devel-
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STATE OF ART (SHORT PRESENTATIONS)

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- ◆ **Gabriela Aisenson (Argentina)**
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Congress Information

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NEWS FROM THE IAAP MEMBERS

Maryfe M. Roxas
Philippine Normal University
Philippine



Breaking the Stigma: Mental Health Awareness and Support Services

Manila, Philippines- Last February 12, 2018 The Philippine Senate made a Manifestation on the Senate Ratification of the Disagreeing Provisions of the Mental Health Act of 2018. These collective efforts by the Senate and the Congress brought the Filipinos one step closer towards seeing mental health issues not just an individual concern but as a national issue that will impact every Filipino's mental well-being. This proposed mental health bill will ensure Filipinos' mental health conditions are protected. Moreover, it will further reinforce all sectors to educate and promote mental health through institutionalize mental health programs. This Mental Health Act just is waiting the signatory of the Philippine President.

The Counseling and Career Services of the Office of Student Affairs and Student Services- Philippine Normal University (PNU) initiated a proactive effort in promoting mental health awareness. The Office had launched a Mental Health Advocacy Program for students, faculty, staff and school administrators. The Mental Health Advocacy Program primarily aimed to educate the PNU Community of the different mental health concerns and the proper ways to deal and address them. Similarly, the program served as benchmark for support services for students mental health needs since the target participants will become future teachers of the country.

On November 25, 2017, two simultaneous sessions on Mental Health were conducted both for undergraduate and graduate students. Dr. Sheila Marie Hocson a registered Psychologist and Counselor gave a session on, "What you see isn't what I feel: Understanding Mental Health Concerns and Proper Ways for Self – Care," for undergraduate students. Ms. Ali Gui, a registered Psychologist, was invited to talk on the theme, "A step inside my heart: Understanding Mental Health and How to Help Someone With Mental Health Concerns," for graduate students of the University.

Learning Session that focused on Mental Health and SOGIE (Sexual Orientation, Gender Identity Expression) was also held on January 17, 2018. This session provided participants knowledge on how SOGIE-based discrimination impacts a person's mental health. Participants who were student leaders of the University were tasked to create programs that will address both SOGIE needs and mental health concerns.

Finally, a session attended by the faculty, staff and school administrators was conducted on February 14, 2018. Dr. Rainer Umali, a Psychiatrist provided a very comprehensive discussion on the theme, "We are Here: Understanding, Dealing With, And Preventing Mental Health Concerns Among Students."

The Counseling and Career Services of the Office of Student Affairs and Student Services is fully aware that their work of advocating mental health is not yet over and complete. The Office will ensure a more robust and responsive delivery system will be in placed to better serve its clients.

Namita Ruparel
Birla Institute of Technology & Science
Rajasthan, India



Incorporating Mental Toughness in Counseling Profession: Need for a Paradigm Shift?

The practice of counseling in India has gained momentum in the past few years. People have begun to become aware of the significance of mental well-being and more compassionate towards their own selves and others. While this is the scene on one hand, on the other hand, more and more individuals are taking up help for mental well-being. Acknowledging these facts, we must consider that challenges to mental health begin at an early age under various circumstances, the reasons for which need not be stated. Having said that early care needs to be taken to promote mental well-being, the primary steps must be taken up at the most essential developmental stages for children, that is, from school. Counseling is flourishing as a profession and it is a mandate for schools in India to hire a practicing student counselor. With a number of problematic behaviors children have started to engage in, counselors are high in demand. Keeping in view the need of counseling, it is also important to note that counselors till date follow traditional skills of counseling - encouraging, reflecting and enhancing self-awareness, unconditional positive regard and empathy (cognitive behavior therapy). Keeping the traditional skills as basics, mustn't schools now move on to take up advanced steps for promoting mental well-being and nurturing mental toughness? Because practicing the basic skills with children, it is also essential to make these budding personalities self-reliant and mentally tough. Why? Let us take an example. The way children are growing today has a remarkable difference from how generations have grown so far. Technology has taken over outdoor games and kids are constantly in front of a screen. This screen brings along with it the need to fit in (social media), long strenuous hours of online games and threat to interpersonal relationships. Knowing the fact that introduction of technology and internet hasn't spared any age group with its wrath, isn't it essential to save our children with early interventions? It not only has hazardous effects on their physical development of individuals but also poses a peril to their mental health and well-being. An example of this is the case of the Pokémon go game that led individuals into serious issues due to their irrational involvement in it. That still was on a lighter scale considering the example of a recent game, called the 'Blue whale'. Although there was no concrete proof of the existence of this so-called suicide game, a vast number of adolescents have fallen prey to it.

The Indian Express, New Delhi noted on October 21st, 2017, "The Blue Whale game or Blue Whale Challenge is a suicide game wherein a group of administrators or a certain curator give the participants a task to complete everyday- for a period of 50 days - the final task of asks the participant committing suicide. Participants are asked to share photos of the challenges/tasks completed by them. These tasks start off easy - such as listening to certain genres of music, waking up at odd hours, watching a horror movie, among others, and then eventually escalate to carving out shapes on one's skin, self-mutilation and lastly, suicide. There procedure of the game is still uncertain. While some say the user has to install some app on their smart phone, others say it's via social media platforms such as Instagram and Facebook where the administrators get in touch with the participant after those interested throw out postings on social media

asking for a “curator”. A number of different hashtags-#bluewhalechallenge, #curatorfindme, #i_am_whale - act as signals for the anonymous curators." A 14 year old boy in Mumbai committed suicide through this game as documented in 'The Times on India' on the 11th of December, 2017. A similar case was reported in Hyderabad by India today in 2017 that suspected suicide due to the blue whale game.

If that is the kind impact negative channeling can have on children, it becomes the primary responsibility of counselors to change this into positive channeling and pave a brighter way for the coming generations. With basic skills practiced, mental well-being can be further enhanced through facilitating the development of mental toughness. Viewing the impact of counseling, positive or negative, does counseling now call for advanced interventions from basic skills, therapies and best practices?

References:

<http://indianexpress.com/article/what-is/what-is-the-blue-whale-challenge/>

<https://timesofindia.indiatimes.com/life-style/health-fitness/de-stress/the-reality-behind-the-theory-of-killer-game-blue-whale/articleshow/59881467.cms>

<https://www.indiatoday.in/india/telangana/story/killer-blue-whale-teen-commits-suicide-hyderabad-1119312-2017-12-31>

Catalina Rodriguez-Pichardo

Instituto Tecnológico de Estudios Superiores de Monterrey
Mexico



In the last decade (2007 – 2016), 22 482 women were murdered in all 32 entities of the country, reveal figures from the National Institute of Statistics and Geography (INEGI). That is, on average, every four hours the violent death of a girl, young woman or adult woman occurred. According to National Institute of Statistics and Geography (INEGI), during 2011, in Mexico City, 72 of every 100 women aged 15 or older reported to have suffered at least one incident of violence, either by their partner or someone else. In order to take some actions against violence and to work on its prevention, Catalina Rodriguez-Pichardo, member of IAAP Counseling Division 16, organized a Workshop for Women at Monterrey, Mexico. The target population was low income women. The Women Empowerment Workshop has a purpose: to teach women that they are valuable and have a voice. By reviewing Positive Psychology and Assertiveness rights, the participants have the opportunity to feel confident about their bodies, their intelligence and their worthiness. It was offered in December 2017.



Teresa M. Sgaramella

University of Padova
Italy



Supporting current and future career counsellors facing challenges in their everyday work with migrant and refugee clients: the contribution of CMinaR Erasmus + project.

The **CMinaR** (“Counselling for Refugee and Migrant Integration into the Labour Market – Development of Courses for Higher Education and Public Employment Services”) is a project co-funded by the Programme Erasmus+ KA2 Strategic Partnerships for higher education (www.cminar.eu).

Started in September 2016, this three years program is coordinated by HdBA of the University of Applied Labour Studies of the Federal Employment Agency in Mannheim (Germany). Partners, in alphabetic order, are Great Britain (Canterbury Christ Church University), Italy (Università di Padova), Lithuania (Kauno Technologijos Universitetas), Sweden (Stockholms Universitet) and Turkey (Istanbul Teknik Universitesi).

The project has 7 intellectual outputs which contribute to create a unique result. Each intellectual output is led by one of the partner institution but each partner collaborates in the results achievement of each intellectual output.

The first intellectual output, completed in January 2017, consisted in a *Review of literature, media and resources*. The state of research and development was carried out in terms of publications, existing approaches, research initiatives, studies, projects, media, etc. related to the project’s overall topic. Almost in parallel the second intellectual output was reached which consisted in *Needs Analysis*. Information on the needs, requirements and preferences of the project’s main target groups, namely lecturers, students and career counsellors was gathered.

The project entered then into its core activity with the construction of a *Higher Education course*. Partners have been working on defining the didactical framework and learning outcome of the 18 course units, which are organized in six modules. Each partner has been in charge of developing one module. A *Course for counsellors* will be developed in the next months tailored to career counsellors who work in employment agencies, job centres of adjacent services in the partner countries in order to equip them with strategies and material that help them in doing their everyday practical work.

A *Media centre and online learning environment* is under development to provide and organize a variety of resources and material directly linked to the didactical framework and the specific course units (videos, activities or exercises for lecturers, students and career counsellors) to be used in the piloting implementation of the course and directly linked to the didactical framework and the specific course units.

A *Web portal* for lecturers, students and career counsellors is also under development acting as a gateway and front end for the media centre and providing project’s target groups access to main outputs and components. All resources and materials will be made available through national as well as target-group oriented sections.

Building on the outcomes of all other intellectual outputs the third year will be devoted to *Piloting, evaluation and recommendations for long-term implementation of Higher Education Course*. All partners will be involved by piloting the courses in their country. CMinaR is not the first on line course developed on this topic in Europe. Some choices, among others, make unique its possible contribution: the attention and openness to counselors voice and experience; the attention to professionals currently working in the field as well as to future career counselors; the adoption of the most recent positive and qualitative approaches to counselling; the attention to the individual but also to the context, to the access but also to the inclusion in the work context of migrant and refugees.

Lea Ferrari
University of Padova
Italy



On October 5-7, 2017 the University of Padova, Italy, hosted the International Conference “Counseling and support. Decent work, Equity and Inclusion. Passwords for the present and the future”, which was attended by more than 600 delegates from all over the world. The conference focused the attention on the changes we are experiencing in the world of work, on ethical and social economy, on supports that research and practice in the field of career construction, counseling, education, and coaching can offer to people and their contexts to enable them to cope with future challenges.

During the conference a Manifesto for Inclusion proposing 33 points was presented. It included the contributions of more than 600 people from places throughout the globe, among them teachers and professors, scholars, students, counselors, inclusive professionals, parents, and citizens. They wanted to voice their ideas on the characteristics of an inclusive context and the role each of us can have in guaranteeing active and equal participation and decent work to everyone. Sign the Manifesto for Inclusion at [https://](https://www.change.org/p/un-manifesto-per-l-inclusione)

www.change.org/p/un-manifesto-per-l-inclusione

The story of how this manifesto came to be and the first considerations about it are collected in the volume ‘...for a manifesto in favor of Inclusion. Concerns, ideas, intentions, and passwords for inclusion’ (<http://www.unipd.it/counseling-and-support2017/en/manifesto>). Continuing to support sustainable inclusive growth that places at the core of the debate the issue of people’s dignity, respect for their rights and the end of any form of discrimination and inequality is the unanimous wish strongly expressed by the readers of this volume and by the conference attendees.

The work in favor of decent work, equity and inclusion will continue with other initiatives across all the 2018. On June 21-23 the XVIII National Congress of the Italian Society of Vocational Guidance will be held in Rome with the aim of discussing the contribution that career counseling and vocational education could give to the Sustainable Development Goals set by the United Nation and known as 2030 Agenda.



Joint the Division 16 at the IAAP

It pays to be a member of IAAP!

Membership is excellent value for money and you receive many direct benefits including:

- A free print subscription to either Applied Psychology: An International Review and Applied Psychology: Health and Well-Being;
- The IAAP Bulletin and Division Newsletters;
- Additional journals from Wiley are offered to IAAP members at special subscription fees
- The ability to participate in IAAP international conferences at reduced rates and also to co-sponsored regional meetings;

- IAAP offers 200 free institutional memberships to libraries and departments of psychology from low income countries. A formal request must be sent by the director of the department or the university library to the Secretary General of IAAP, that is, via email

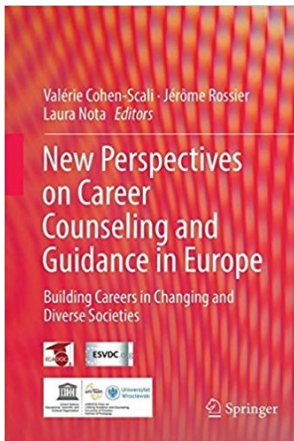
- The IAAP actively welcomes student members. In order to offer the cheapest membership dues possible to students, the student membership package includes online access to both journals but no print copies of the journals or the Bulletin.



To become a member simply visit the website and follow the instructions!

<http://www.iaapsy.org/>

NEW PUBLICATIONS



New perspectives on career counseling and guidance in Europe

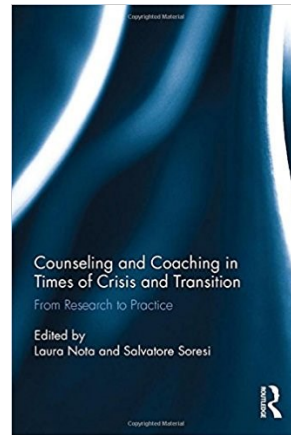
Valérie Cohen Scali, Jerome Rossier, & Laura Nota

English

2018

252 pp

ISBN13: 978-3319614755



Counseling and Coaching in Times of Crisis and Transition: From Research to Practice

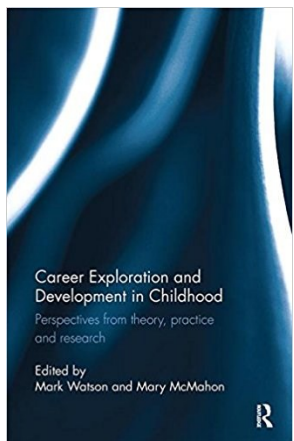
Laura Nota & salvatore Soresi

English

2017

274 pp

ISBN13: 978-1138290082



Career Exploration and Development in Childhood: Perspectives from theory, practice and research

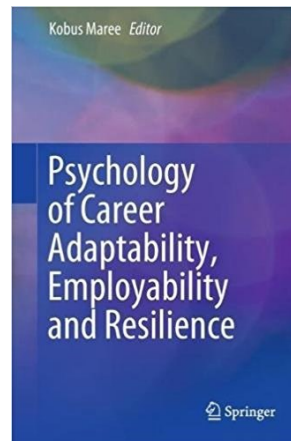
Mark Watson & Mary McMahon

English

2018

232 pp

ISBN13: 978-1138602014



Psychology of career adaptability, employability and resilience

Kobus Maree

English

2017

453 pp

ISBN13: 978-3319669533



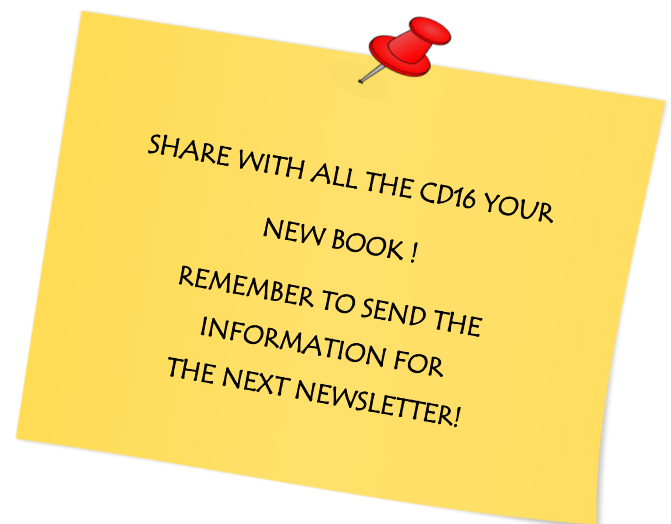
Concevoir et orienter sa vie: les dialogues de conseil en life design

French

2017

196 pp

ISBN13: 978-2917296288



**COUNSELING
DIVISION 16**

President

Maria Eduarda Duarte

President-Elected

Paul Hartung

Editor

Lea Ferrari

lea.ferrari@unipd.it