

BCGEU Long Term Leave Report 2021

Name: Paula Schnare

Start Date(s): August 23, 2021

End Date(s): December 23, 2021

Number of days/weeks: 4 days/week as per .80 FTE

Description of Assisted PD Leave Activities:

In September 2020 I began a 2.5-year Masters in Counselling Psychology at Yorkville University. Below are the courses I completed while on leave. My leave allowed me to focus solely on my courses which was such a privilege to really delve into the material and still allow time for my family and true self-care. Self-care is about practicing what we preach in our profession as nurses, but especially one that is important to role model as a counsellor (and a parent). I will be continuing my studies until the end of June 2022 and then begin my practicum placement September 2022, which I am very excited about. I am so grateful for this leave and the time it gave me.

Psyc 6246 – Counselling Skills and Competencies (September 6 - Nov 14, 2021)

This course provides students the opportunity to learn basic counselling skills and competencies essential to initiating and maintaining relationships with clients, regardless of specific theoretical orientation. Students engage in case conceptualization using one of four theoretical perspectives (Person-Centred Therapy; Cognitive-Behavioural Therapy; Structural Family Therapy; or Solution-Focused Therapy) and apply this theoretical approach in a counselling session with a client. By means of weekly structured practice assignments students learn how to identify and conduct competent counselling interviews

Psyc 6253 – Applying Cognitive Behaviour Interventions (Nov 15-Dec 19, 2021)

Using both humanistic and cognitive-behavioural framework, this course provides practice in the planning and implementation of client change interventions in counselling and psychotherapy.