

Vivens Counselling Public Communications

Presentations
delivered
in development

Publications
articles
books



PRESENTATIONS

delivered

Victim, Bully, or Witness

Examine practical and immediate ideas for how to effect positive changes in situations of intimidation or intentional meanness.

- January 20, 2010 @ Calgary Public Library, Crowfoot Library (adult audience)
- February 16, 2010 @ Calgary Public Library, Forest Lawn Library (adult audience)

Bunches of Butterflies: Managing Your Collection

Though anxiety & stress are normal parts of life, for both young and old these can cause difficulty.

- November 5, 2014 @ St Albert the Great School, Calgary (parents)

Chesterfields & Goats: Managing Stress

this is an adaptation of "Bunches of Butterflies"

- October 10, 2014 @ St Albert the Great School, Calgary (teaching staff)

Spectrum of Supports: Leading Children in Virtue

This presentation will propose growth in virtue as the goal of parenting, and explore how to do so.

- September 18, 2014 @ St Peter Parish, Calgary (parents)

<p><u>To This Duty: Counselling at the Service of the Faithful and of the Priesthood</u> <i>this presentation was prepared but delivered by another therapist</i></p>	<ul style="list-style-type: none"> January 16, 2014 @ St Cecilia Parish (priests of the southeast and southwest deaneries)
<p><u>Plotting a Family MAP</u> Explore how parents can intentionally build strength and success in their home. The course will draw on experience, the wisdom of our faith, and knowledge found in the psychological sciences. Motivated parents can expect to leave with practical ideas to immediately use in daily life. As experts on their own children, moms and dads should discover what they are already doing well at the same time as we work to better refine and define a map to guide parenting. The course is designed to be useful for a spectrum of parents, from those in-preparation to ones who have already received some seasoning. Participants will be invited but not required to share their own achievements and challenges. Both parents are encouraged to attend.</p>	<ul style="list-style-type: none"> January 11, 18, 25, February 1, 8, 22, 2010 @ St Bonaventure Parish, Calgary (parents)
<p><u>A Wealth of Parenting Strength</u> This session will survey resources easily available to support parents in the regular challenges of raising children. <i>this is an adaptation of "Plotting a Family MAP"</i></p>	<ul style="list-style-type: none"> February 17, 2010 @ Calgary Public Library, Crowfoot Library (parents) March 16, 2010 @ Calgary Public Library, Village Square Library (parents)

<p><u>Pre-Parenting: Looking Down the Path</u> Raising children is probably the most intense, longest lasting, and both the most difficult and the most satisfying undertaking of life. This presentation aims to help couples anticipate and prepare for the joys and challenges. <i>this borrows from "Plotting a Family MAP"</i></p>	<ul style="list-style-type: none"> • June 12, 2010 @ St Stephen Protomartyr Ukrainian Catholic Parish, Calgary (pre-marriage couples) • May 28, 2011 @ St Stephen Protomartyr Ukrainian Catholic Parish, Calgary (pre-marriage couples)
<p><u>Walking Hearts</u></p>	<ul style="list-style-type: none"> • May 26, 2012 @ St Stephen Protomartyr Ukrainian Catholic Church, Calgary (pre-marriage couples) • March 1, 2014 @ St Stephen Protomartyr Ukrainian Catholic Church, Calgary (pre-marriage couples)
<p><u>Best & Surest: Leading Children In(to) the Faith</u> Leading our children in faith has had its challenges for the almost 2 000 years of the Church. This presentation offers 9 principles to keep in mind as your own family walks this path. If that's not enough, see what saint-in-waiting Blessed Mother Teresa of Calcutta <i>and</i> avowed atheist Penn Jillette each have to offer about how to pass on the Gospel.</p>	<ul style="list-style-type: none"> • October 10, 2013 @ St Peter Parish, Calgary (parents) • March 27, 2014 @ St Peter Parish, Calgary (parents)
<p><u>Fathers' Daughters: Helping Them Sail Uneasy Waters</u> <i>(previously: Fathers' Daughters: Preparing Them to Set Sail on Uneasy Waters)</i></p>	<ul style="list-style-type: none"> • November 12, 2013 @ La Cité des Rocheuses (Headford Cultural Group, Calgary) (parents/fathers) • January 10, 2014 @ Willowby Community League (Headford Cultural Group, Edmonton) (parents/fathers) • February 8, 2014 @ Douglas Park Community Centre (Pacific Institute of Family Education, Vancouver) (parents/fathers) • February 9, 2014 @ St Patrick Parish Church Hall (Pacific Institute of Family Education, Victoria) (parents/fathers) • April 8, 2015 @ Ashlar (Toronto) (parents/fathers)

<p><u>Creatures of Habit: A Structure of Virtue in Relationship</u> This presentation will explore ideas about and strategies for professional collaboration with couples and families, from a strengths-based perspective.</p>	<ul style="list-style-type: none"> • October 25, 2014 @ Newman Theological College (Catholic Psychotherapy Association of Canada, annual conference) (conference attendees)
<p><u>Career Considerations: Philosophical & Practical</u> Examination of the philosophical and practical aspects of career planning.</p>	<ul style="list-style-type: none"> • January 23, 2010 @ Big Picture Seminar, Calgary (14-15 year olds boys) • February 12, 2011 @ Big Picture Seminar, Calgary (14-15 year olds boys) • January 28, 2012 @ Big Picture Seminar, Calgary (14-15 year olds boys) • January 26, 2013 @ Big Picture Seminar, Calgary (14-15 year olds boys)
<p><u>Drawing YOUR Lines</u> <i>this is an adaptation of “Career Considerations”</i></p>	<ul style="list-style-type: none"> • November 17, 2012 @ St Stephen Protomartyr Ukrainian Catholic Church, Calgary (youth)
<p><u>Understanding the Lines: Explorations Philosophical & Practical for Your Career Journey</u> <i>this is an adaptation of “Career Considerations”</i></p>	<ul style="list-style-type: none"> • January 25, 2014 @ Big Picture Seminar, Calgary (14-15 year olds boys)
<p><u>The Power in Reading: Why’s, What’s, & How’s</u> Literacy is one of the most important skills related to success and personal growth. This powerful ability is too often taken for granted. Use this presentation to become a discriminating and intentional reader – knowing what, why, and how best to approach written works.</p>	<ul style="list-style-type: none"> • April 24, 2010 @ Big Picture Seminar, Calgary (14-15 year olds boys) • May 7, 2011 @ Big Picture Seminar, Calgary (14-15 year olds boys) • April 28, 2012 @ Big Picture Seminar, Calgary (14-15 year olds boys) • April 20, 2013 @ Big Picture Seminar, Calgary (14-15 year olds boys) • April 26, 2014 @ Big Picture Seminar, Calgary (14-15 year olds boys) • April 11, 2015 @ Big Picture Seminar, Calgary (14-15 year olds boys) • March 12, 2016 @ Big Picture Seminar, Calgary (14-15 year olds boys)

Sugar & Spice: The Challenge to Be a Gentleman

Exploration of respectful ways for young men to interact with young women.

- May 25, 2013 @ Big Picture Seminar, Calgary (14-15 year olds boys)
- May 24, 2014 @ Big Picture Seminar, Calgary (14-15 year olds boys)
- May 9, 2015 @ Big Picture Seminar, Calgary (14-15 year olds boys)
- May 30, 2015 @ Big Picture Seminar, Calgary (14-15 year olds boys) – re-play
- May 14, 2015 @ Big Picture Seminar, Calgary (14-15 year olds boys)
- April 16, 2016 @ Big Picture Seminar, Calgary (14-15 year olds boys)

Follow the Yellow Brick Road: Pursuing Meaningful Relationships in a Confusing Culture

① Heart of the Tin Woodman: Worthwhile Romance

② Brain of the Scarecrow: Know Yourself

③ Courage of the Cowardly Lion: Friendships That Last

- ① February 4, 2014 @ Westwood Cultural Centre (Headford Cultural Group, Calgary) (young women)
- ② March 4, 2014 @ Westwood Cultural Centre (Headford Cultural Group, Calgary) (young women)
- ③ April 8, 2014 @ Westwood Cultural Centre (Headford Cultural Group, Calgary) (young women)

Catching Watermelons: A Metaphor of Marital Communication

- November 14, 2014 @ *La Cité des Rocheuses* (Headford Cultural Group, Calgary) (couples)
- February 14, 2015 @ Holy Trinity Parish, Regina (pre-marriage couples)

Play Your Cards Well: Meeting Marital Challenges Together

Discussion of how to approach marital difficulties, especially infertility.

- March 22, 2014 @ Life & Family Resource Centre (*Fertilitas*, Calgary) (couples)

What is Love & How to Live It

presented with my wife

- February 13, 2016 @ Italian Culture Centre (Headford Cultural Group, Edmonton) (adult audience)

<p><u>Unmasking the Architects and Evils of Sexual Education</u> participant for a panel discussion about “Guidelines for Best Practice: Creating Learning Environments that Respect Diverse Sexual Orientations, Gender Identities and Gender Expressions”</p>	<ul style="list-style-type: none"> February 18, 2016 @ St Peter’s Parish (adult audience)
<p><u>Become What You Are</u> (<i>previously: Transformed in Love: Marital Sexuality</i>) <i>sometimes presented with my wife</i></p>	<ul style="list-style-type: none"> May 3, 2014 @ Sacred Heart Parish, Calgary (pre-marriage couples) September 20, 2014 @ Sacred Heart Parish, Calgary (pre-marriage couples) February 14, 2015 @ Holy Trinity Parish, Regina (pre-marriage couples) March 7, 2015 @ Sacred Heart Parish, Calgary (pre-marriage couples) May 2, 2015 @ Sacred Heart Parish, Calgary (pre-marriage couples) February 20, 2016 @ St Stephen Protomartyr Ukrainian Catholic Church, Calgary (pre-marriage couples) March 5, 2016 @ Sacred Heart Parish, Calgary (pre-marriage couples) May 7, 2016 @ Sacred Heart Parish, Calgary (pre-marriage couples)
<p><u>To Know Me Is to Love Me</u> (<i>previously: Transformed in Love: Self-Knowledge</i>) <i>sometimes presented with my wife</i></p>	<ul style="list-style-type: none"> March 14, 2014 @ Sacred Heart Parish, Calgary (pre-marriage couples) May 3, 2014 @ Sacred Heart Parish, Calgary (pre-marriage couples) September 19, 2014 @ Sacred Heart Parish, Calgary (pre-marriage couples) February 14, 2015 @ Holy Trinity Parish, Regina (pre-marriage couples) March 6, 2015 @ Sacred Heart Parish, Calgary (pre-marriage couples) May 1, 2015 @ Sacred Heart Parish, Calgary (pre-marriage couples) March 4, 2016 @ Sacred Heart Parish, Calgary (pre-marriage couples) May 6, 2016 @ Sacred Heart Parish, Calgary (pre-marriage couples)
<p><u>Centring Your Life, Together</u></p>	<ul style="list-style-type: none"> February 14, 2015 @ Holy Trinity Parish, Regina (pre-marriage couples)
<p><u>Transformed in Love: Communication</u></p>	<ul style="list-style-type: none"> March 14, 2014 @ Sacred Heart Parish, Calgary (pre-marriage couples) May 3, 2014 @ Sacred Heart Parish, Calgary (pre-marriage couples)
<p><u>Egg or Scorpion: Examining the “Guidelines for Best Practice”</u></p>	<ul style="list-style-type: none"> March 8, 2016 @ St Bonaventure Parish (Knights of Columbus council #7432)

in development

helping children to develop effective habits for learning, including within and outside of school and navigating institutional relationships	•
examination of the key areas of wear and strength in marriages and how to attend to these	•
fostering forgiveness and managing anger	•
survey of sexuality's portrayal in contemporary western culture and how parents can help their children develop healthy knowledge, attitudes, and behaviours/how couples can live their shared sexuality	•
<u>Stewards of Time</u> <i>discussing the importance of time, and personal, management and how to effect better such organization</i>	•
overview of various religious beliefs as well as the place of religion/faith/ spirituality, and morality and ethics, in family life, and how to incorporate such practice in one's family. Investigation in light of <i>Nostra Aetate, Dominus Iesus, Dignitatis Humane</i> ; gnosis & credo; proofs for God's existence; salvation history; church history	•
<u>Flavour to Taste</u> <i>examining appropriate emotionality in one's life</i>	•

PUBLICATIONS**articles**

<i>letters to the editor</i>	<ul style="list-style-type: none"> • <i>various</i>
<p><u>“To Stir Souls”</u> discussion of natural family planning</p>	<ul style="list-style-type: none"> • Catholic Insight, September 1997 & October 1997
<p>“The Gift of NFP”</p>	<ul style="list-style-type: none"> • Carillon, May 1999
<p>“Unto a Thousand Generations” reflection on the influence of grandparents</p>	<ul style="list-style-type: none"> • Domestic Church, March 2000 • Columbia, November 2000
<p>“Fathers’ Daughters” précis of the presentation by the same title</p>	<ul style="list-style-type: none"> • <i>CPA Newsletter</i> (e-newsletter), Vol. 1, No. 2, June 10, 2014
<p><u>“Making a Defence”</u> explanation of a necessary place for conscience/moral belief within counselling practice</p>	<ul style="list-style-type: none"> • linked in <i>CPA Newsletter</i> (e-newsletter), Vol. 1, No. 2, June 10, 2014 • The Alberta Counsellor, June 2014
<p>“A Necessary Marital Tension” discussion of ways therapy can hurt instead of help marriage</p>	<ul style="list-style-type: none"> • <i>CPA Newsletter</i> (e-newsletter), Vol. 2, No. 1, March 12, 2015
<p>“Think About These Things” based on “Creatures of Habit”</p>	<ul style="list-style-type: none"> • [forthcoming: CPAC e-journal]

books

<p><u>“Litany in Flowers: A Marian Devotional</u></p>	<ul style="list-style-type: none"> • Trafford Publishing, 2012
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[for Families](#)”

an active and contemplative prayer book
structured around the Litany of Loreto



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