



Overview: The Canadian Counselling and Psychotherapy Association

Our purpose:

- To protect the public from potential harm caused by unlicensed/uncertified, inadequately trained/untrained individuals claiming to provide psychotherapeutic or counselling services.
- To support quality education/training of counselling and psychotherapy professionals, including quality programs, continuing education, and qualified supervision.
- To provide fair and equitable employment opportunities and mobility of the profession across Canada.
- To advocate for the role of counselling and psychotherapy in increasing and supporting the mental health, wellness, and happiness of the Canadian people.
- To encourage and support the provision of services independently and to collaborate with other mental health professionals using a team approach based on client need.

CCPA:

- Is a national bilingual association with a 46 year history serving counselling and psychotherapy professions in every province and territory
- Serving more than 3800 members across Canada; almost 300 in Quebec
- Members are experts and specialists in numerous mental health areas related to **both** medical and DSM diagnoses **and** to traumatic life events and transitions (e.g., ADHD, PTSD, OCD, brain trauma, grief, anxiety, eating disorders, stress, depression, suicidality, anger, infertility, addiction, work-life balance, relationships, education, and career development).
- Members offer a diversity of services to clients across the lifespan including children, teens, adults, couples, families, and groups in a variety of settings.

The Quebec Landscape: A Regulated Environment

There are seven regulatory colleges in Quebec that relate to the practice of psychotherapy, and four regulatory colleges that relate to counselling (indicated by an asterisk):

- Ordre des conseillers et conseillères d'orientation du Québec*
- Ordre des psychoéducateurs et psychoéducatrices du Québec*
- Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec*
- Ordre des infirmières et infirmiers du Québec
- Ordre des ergothérapeutes du Québec
- Ordre des psychologues du Québec*
- Collège des médecins du Québec

Psychotherapy becomes regulated as a reserved title (psychotherapist) and reserved activity (psychotherapy) once Bill 21 is enforced in Québec.

If you belong to one of first five of the above regulatory colleges and you wish to practice psychotherapy you *must* have a Master's level credential and apply for a permit to practice psychotherapy from the Ordre des psychologues du Québec, whether or not you use or intend to use the title 'psychotherapist' or whether or not you call or intend to call your practice 'psychotherapy'. The definition of psychotherapy as outlined in Bill 21 is listed below. If the activity you practice corresponds to the legal definition of psychotherapy in the Bill, it is controlled by this regulation.

Individuals who are psychologists and medical doctors may practice psychotherapy but do not require a permit to do so (see <http://www.ordrepsy.qc.ca/en/public/projet-de-loi-21/index.sn>).

Individuals who are not currently members of a professional order may be eligible to obtain a permit through a grandparenting process, but this eligibility will be subject to strict criteria for a limited time. If individuals do not meet the eligibility requirements, they will not be able to obtain a permit. (CanLII – Professional Code, R.S.Q. C-26, Chapter VI.1, 187.3.1; <http://www.ordrepsy.qc.ca/en/public/la-psychotherapie/who-may-practice-psychotherapy.sn>)

The Role of CCPA in a Regulated Environment

When CCPA members work in a regulated environment, they must adhere to provincial regulations. CCPA is a national entity that offers its members many services such as the 'CCC' designation that is recognized nationally, liability insurance, professional learning opportunities, and much more. CCPA is a national, self-regulating body. It does *not* provide provincial certification nor does the 'CCC' designation fulfill the requirement of belonging to a provincial statutory regulatory body. According to the Canadian Constitution, no national organization can offer or claim to offer provincial credentials. Provincial certification is available ONLY through provincial regulatory college(s). Many of CCPA's members hold provincial certificates and provincial licenses in addition to the national 'CCC' designation. For some members, the 'CCC' provides increased mobility across unregulated provinces and territories; for others it is a conscious decision to be recognized as part of a national network of professionally trained counsellors and psychotherapists.

The role of CCPA in a regulated environment is:

- To recognize and honour the work of provinces in the area of counselling and psychotherapy;
- To seek areas of alignment and philosophical agreement in diverse areas of Canada that support a single foundation for the profession of counselling and psychotherapy;
- To provide national frameworks that support provincial and territorial initiatives related to counselling and psychotherapy;
- To support the regulation of the profession across Canada, and
- To support actions that increase the protection of the public from potential harm by practitioners without appropriate or adequate training, knowledge, or skill.

More about Bill 21 and Counselling vs Psychotherapy

Bill 21 is currently pending. It is not yet in force in Québec. There are strongly overlapping scopes of practice in psychotherapy and counselling. CCPA members in Québec are strongly advised to be alert for the enforcement of Bill 21, particularly the regulated "list of actions which relate to psychotherapy" to ensure they are practicing legally in the province.

Bill 21 uses the following definition for psychotherapy:

"Psychotherapy is a psychological treatment for a mental disorder, behavioural disturbance or other problem resulting in psychological suffering or distress, and has as its purpose to foster significant changes in the client's cognitive, emotional or behavioural functioning, his interpersonal relations, his personality or his health. Such treatment goes beyond help aimed at dealing with everyday difficulties and beyond a support or counselling role." (CanLII – Professional Code, R.S.Q. C-26, Chapter VI.1, 187.1)

This section of Bill 21 continues with:

"The Office shall establish by regulation a list of actions which relate to psychotherapy but do not constitute psychotherapy within the meaning of the second paragraph, and shall define those actions." (Ibid)

The nationally validated definition of counselling is:

"Counselling is a relational process based upon the ethical use of specific professional competencies to facilitate human change. Counselling addresses wellness, relationships, personal growth, career development, mental health, and psychological illness or distress. The counselling process is characterized by the application of recognized cognitive, affective, expressive, somatic, spiritual, developmental, behavioural, learning, and systemic principles." (PWG, 2011)

Below is the nationally validated scope of practice for the counselling profession:

- Is attentive to and responds to diversity and inclusiveness;
- Works in the best interest of individuals, couples, families, groups, organizations, communities, and the public-at-large;
- Works in the domains of cognition, emotion, expression, somatics, human development, behaviour, learning, and interactive systems;
- Promotes mental health by developing and enhancing:
 - Personal, relational, sexual, career, and spiritual growth and well-being,
 - Personal awareness and resources,
 - Decision-making and problem solving;
- Remediates or provides treatment for disorders in cognitive, behavioural, interpersonal, and emotional functioning;
- Applies specific and recognized evaluation and assessment methods;
- May also include supervision, education, training, consultation, research, diagnosis, and referral.

Questions?

Contact any Ordre mandated to enforce Bill 21:

[OCCOQ](#), or [l'Ordre des psychologues du Québec](#), or the [Office des professions du Québec](#), or

Contact: info@ordrepsy.qc.ca, or

Contact: bmacallum@ccpa-accp.ca