



# Modernizing Professional Practice

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# Career Counsellor (Bill 50)

**The practice of career counseling consists in evaluating the psychological functioning, personal resources and the conditions of the milieu, intervening on identity, developing and maintaining active adaptation strategies in order to make personal and professional choices at any point in life, re-establishing socio-professional autonomy and designing career projects in the human being in interaction with his/her environment**

# **[ Marital and Family Therapist (Bill 50) ]**

**The practice of marital and family therapy consists evaluating the relational system dynamics of couples and families, determining a treatment and intervention plan, restoring and improving communication channels in order to promote better couple and family relations in the human being in interaction with his/her environment.**

# Career Counselor

## Reserved Activities

- Evaluation of a person suffering from a mental disorder attested by a diagnosis or an evaluation made by a certified professional
- Evaluation of a person suffering from a neuropsychological disorder attested by a diagnosis or an evaluation performed by a certified professional
- Evaluation of mental disorders (permit)
- Evaluation of mental retardation
- Evaluation of a person with a handicap or adaptation difficulty in order to recommend adapted educational services

# Definition of Psychotherapy

(Project, Bill 50)

*Psychotherapy is a psychological treatment for a mental disorder, behavioural disturbances or any other problem causing psychological suffering or distress.*

*The purpose of psychotherapy is to elicit in the client, significant changes in his cognitive, emotional, behavioural functioning, his interpersonal system, his personality, and his state of health. This is a process reaching beyond help in confronting common problems, counselling or support relations.*

Who will be entitled to obtain a permit to practice psychotherapy (Project Bill 50)

- Psychologist
- Physician
- Career/Guidance Counsellor
- Psychoeducators
- Social Workers
- Occupational Therapist
- Nurse

# Standards of Monitoring of Psychotherapy (Trudeau Report)

- **Integration to the professional system:** That any psychotherapist undergo control and monitoring by the professional system, as part of being a member of one of the relevant orders;
- **Basic training:** That any psychotherapist should have completed a Master's university diploma in the mental health and human relations sector or a doctorate in medicine;
- **Knowledge and skills:** that the corpus of required knowledge and skills be part of the standards stipulated by a regulation of the Office des professions establishing the monitoring standards of the practice of psychotherapy.

# Corpus of Knowledge and

## Skills (Trudeau Report)

- Theoretical models : Cognitive-behavioural; Psychodynamic; Systemic and communication theories; Humanistic models: 270 hours/6 courses – 45 hours for each model and 90 hours at an in-dept model
- Common factors : attitudes; framework and clients's expectations; working alliance; communication skills :90 hours/2 courses
- Critical thinking : scientific methods – quantitative research, statistic, qualitative research –epistemology models: 90 hours/2 courses
- Mental disorders classification : psychopathology and problems and issues related to human development : knowledge of DSM-IV and CIM-10; life cycles and associated issues: 180 hours/4 courses
- Relationship between biology and psychotherapy : somatopsychical and psychosomataical relations, relevance and limit of an psychotherapeutical intervention, a general knowledge of the anatomy and central nervous system, psychotropes: 45 hours/1 course
- Legal and organizational aspects of practicing psychotherapy : 45 hours/1 course
- Ethics : 45 hours/1 course
- **Supervised practicum** of at least one theoretical model :
  - a minimum of 300 hours of direct treatment with clients;
  - a minimum of 10 clients
  - 100 hours of individual supervision
  - 200 hours related to other activities (activities (group supervision, supervised readings, notes taking)

# Grand-father clause (Trudeau Report)

Regarding the identification of the persons allowed to continue:

- hold a bachelor's degree in a discipline or domain of the mental health and human relations sector;
- provide evidence of having completed 600 hours of psychotherapy related to one or several of the 4 recognized models, over the past 3 years;
- provide evidence of having completed professional development related to one or several of the 4 recognized models, for at least 90 hours, over the past 3 years before the application for recognition;
- provide evidence of an experience of at least 50 hours of individual supervision used in the analysis of at least 200 hours of practice of psychotherapy, at any moment in the course of the psychotherapist's practice , or a sworn declaration to this effect.

# Grand-father...2 (Trudeau Report)

- Regarding the identification of the psychotherapists allowed to practice psychotherapy based on acquired rights:
- members of the Order of Career Counsellors and Psychoeducators certified as psychotherapists;
  - psychotherapists not eligible to a professional order, but who are members of one of the following associations of psychotherapists: Canadian Psychoanalytic Society, Association of Psychoanalytic Psychotherapists of Québec, or Society of Professional Psychotherapists of Québec.

# **Management (Project Bill 50)**

- **Creation of an advisory entity supporting the implementation of a new regulation to monitor the practice of psychotherapy**
- **The management of the psychotherapist's license:**
  - that this management be entrusted to the Order of Psychologists



## References

- Rapport Trudeau (2005):  
<http://www.opq.gouv.qc.ca/fileadmin/docs/PDF/Rapport-sante/Rapport-Sante-ment.pdf>
- Projet de loi 50 (2008):  
<http://www.assnat.qc.ca/fra/38Legislature/1/Projets-loi/Publics/07-f050.htm>

