



## Stand Up! (to Bullying)

### *Canadian Counselling and Psychotherapy Association Participates in Bullying Awareness Week*

**OTTAWA (November 17, 2014)** Celebrating its 12th year, Bullying Awareness Week commenced yesterday and will run until Saturday, November 22<sup>nd</sup> across Canada. The Canadian Counselling and Psychotherapy Association (CCPA) is proud to support this initiative and its current theme of “Stand Up! (to bullying)”. Canadians can log on to social media and follow events occurring all week by following #BAW2014.

First celebrated over a decade ago, Bullying Awareness Week is recognized by schools, communities and organizations around the globe to promote solutions to issues related to bullying. “Bullying is a major issue of concern for Canadians,” stated Blythe Shepard, CCPA President. “CCPA is proud to support such a wonderful initiative that aims to help those vulnerable to bullying and provide educational resources so students and adults can learn more about the seriousness of this abuse.”

Bullying has many faces. A common misconception is that bullying begins and ends on the playground or in school yards when in reality, it occurs in the workplace, personal relationships, and in social settings. CCPA is a national, bilingual association for the counselling and psychotherapy profession with a dedicated chapter for school counselling to ensure that all children and youth have access to trained school counsellors in every school. CCPA also has other specialty chapters that include members focused on private practice and career counselling, both of which may work with victims and perpetrators of bullying and violence. CCPA is dedicated to ensuring that Canadian Certified Counsellors are knowledgeable and effective in working with clients of any age in any setting when they seek assistance with issues related to bullying, violence, intimidation, or harassment.

“From domestic abuse to workplace harassment and from relational violence to emotional sabotage, bullying takes many forms and has many causes,” added Sheppard. “This week, we urge all Canadians to speak up and offer support to those they believe are possibly being bullied.”

CCPA would like to ensure that all Canadians have access to timely, qualified, and effective support. CCPA has launched [www.talkingcanhelp.ca](http://www.talkingcanhelp.ca), a public website which supports open dialogue and provides authoritative information for members of the public about the benefits of counselling in ameliorating a variety of life experiences that negatively impact health and wellbeing.

Qualified counsellors can make a positive difference in the lives of those affected by threats, violence, intimidation, harassment and other areas related to bullying, both as independent professionals and as part of support teams and referral agents. There is hope in addressing the aftermath of negative life experiences and there is help available to stand up to bullying in safe and effective ways. Visit [www.ccpa-accp.ca](http://www.ccpa-accp.ca), where you can search for a Canadian Certified Counsellor in your region.

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*The Canadian Counselling and Psychotherapy Association (CCPA) is a national bilingual association providing professional counsellors and psychotherapists with access to exclusive educational programs, certification, professional development and direct contact with professional peers and specialty groups. CCPA promotes the profession and its contribution to the mental health and well-being of all Canadians.*



CANADIAN COUNSELLING AND  
PSYCHOTHERAPY ASSOCIATION

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L'ASSOCIATION CANADIENNE DE  
COUNSELING ET DE PSYCHOTHÉRAPIE

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