

Appendix

DEFINITIONS OF AND SCOPES OF PRACTICE FOR COUNSELLING AND FOR PSYCHOTHERAPY

The scopes of practice from legislative statutes as well as other information in this appendix are presented in the language(s) available from those statutes and other source documents. No further translation of this material was done.

Canadian Regulated Jurisdictions	Definitions/Scopes of Practice ¹	
Alberta	<p>Regulated members registered on the general or courtesy register may, within the practice of psychology, perform the restricted activity of a psychosocial intervention with an expectation of treating a substantial disorder of thought, mood, perception, orientation or memory that grossly impairs judgment, behaviour, and capacity to recognize reality or ability to meet the ordinary demands of life. <u>(there is no definition or scope of practice but this is the definition of their restricted act)</u></p> <p>The Alberta model is a reserved act approach that grants “the performance of a psychosocial intervention...”² to particular regulated health care professionals. Other health care professionals, as well as unregulated counsellors and psychotherapists are prohibited from performing the restricted activity, as defined.</p> <p>The approach is unusual in that the psychosocial interventions being restricted depend on the severity of the condition being addressed, not the nature of the intervention itself. The restriction applies to a subset of psychosocial interventions, namely those provided with an expectation of treating a substantial disorder or gross impairment. In other words, psychosocial interventions are restricted only when the client or patient is seriously disturbed or impaired. Other psychosocial interventions are not restricted, and may be performed by anyone.</p>	

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² [Performance] of a psychosocial intervention with an expectation of treating a substantial disorder of thought, mood, perception, orientation or memory that grossly impairs judgment, behaviour, capacity to recognize reality, or ability to meet the ordinary demands of life.” [Note: The words “substantial disorder” and “grossly impairs” have not been defined.]

<p>Nova Scotia, Counselling Therapists Act, 2008</p>	<p>Scope of Practice*: “practice of counselling therapy” means rendering to individuals, couples, families, groups, organizations, corporations, schools or other institutions, government agencies or the general public a service that integrates diverse models of human behaviour, such as clinical, pathology, wellness, cross-cultural and other recognized models through a combination of counselling, appraisal and assessment, consulting, referral and research” Definition of Counselling*: "counselling" means assisting counselees through the counselling relationship, using a combination of mental health and human development principles, methods and techniques to achieve mental, emotional, physical, social, moral, educational, spiritual or career development and adjustment through the counselee's lifespan;</p> <p>* The above scope of practice and definition of Counselling are both included in the Nova Scotia Act</p>	
<p>Ontario, An Act (2007) to create a College of Psychotherapists and Registered Mental Health Therapists</p>	<p>The practice of psychotherapy is the assessment and treatment of cognitive, emotional or behavioural disturbances by psychotherapeutic means, delivered through a therapeutic relationship based primarily on verbal or non-verbal communication.</p> <p>Controlled Act</p> <p>In the course of engaging in the practice of psychotherapy, a member is authorized, subject to the terms, conditions and limitations imposed on his or her certificate of registration, to treat, by means of psychotherapy technique delivered through a therapeutic relationship, an individual's serious disorder of thought, cognition, mood, emotional regulation, perception or memory that may seriously impair the individual's judgement, insight, behaviour, communication or social functioning.</p> <p>A scope of practice for Registered Mental Health Therapists is not specifically stated in this Act.</p>	<p>L'exercice de la psychothérapie consiste à évaluer et à traiter des troubles cognitifs ou affectifs ou des troubles du comportement par des méthodes de psychothérapie appliquées dans le cadre d'une relation thérapeutique fondée principalement sur la communication verbale ou non verbale.</p> <p>Acte autorisé</p> <p>Dans l'exercice de la psychothérapie, un membre est autorisé, sous réserve des conditions et restrictions dont est assorti son certificat d'inscription, à traiter, au moyen d'une technique de psychothérapie appliquée dans le cadre d'une relation thérapeutique, un désordre grave dont souffre un particulier sur les plans de la pensée, de la cognition, de l'humeur, de la régulation affective, de la perception ou de la mémoire et qui est susceptible de porter gravement atteinte à son jugement, à son intuition, à son comportement, à sa capacité de communiquer ou à son fonctionnement social.</p>
<p>Quebec (Bill 50), administered by l'Ordre des conseillers et conseillères d'orientation et des psychoéducateurs et psychoéducatrices du</p>	<p>conseillers et conseillères d'orientation ('Career Counsellors' is an approximate English translation)</p> <p>Scope of Practice The practice of career counselling consists in evaluating the psychological functioning, personal resources and the</p>	<p>Champ d'exercice Évaluer le fonctionnement psychologique, les ressources personnelles et les conditions du milieu, intervenir sur</p>

<p>dans le domaine de la santé mentale et des relations humaines</p>	<p>unless he holds a psychotherapist's permit and is a member of the Ordre professionnel des conseillers et conseillères d'orientation et des psychoéducateurs et psychoéducatrices du Québec, the Ordre professionnel des ergothérapeutes du Québec, the Ordre professionnel des infirmières et infirmiers du Québec or the Ordre professionnel des travailleurs sociaux du Québec. Every physician, psychologist or holder of a psychotherapist's permit shall practise psychotherapy in accordance with the laws and regulations governing the physician, psychologist or permit holder, and with the following rules:</p> <p>Note 1. This Act will be administered by the existing College of Psychology.</p>	<p>laisser croire qu'il l'est, s'il n'est membre de l'Ordre professionnel des conseillers et conseillères d'orientation et des psychoéducateurs et psychoéducatrices du Québec, de l'Ordre professionnel des ergothérapeutes du Québec, de l'Ordre professionnel des infirmières et infirmiers du Québec ou de l'Ordre professionnel des travailleurs sociaux du Québec et s'il n'est titulaire du permis de psychothérapeute.</p>
<p>Canadian Organizations</p>	<p>Definitions/Scopes of Practice</p>	
<p>British Columbia Association of Clinical Counsellors</p>	<p>Clinical Counselling" means the assessment, evaluation, diagnosis and treatment of behavioural, cognitive, social, mental or emotional issues, problems or disorders, and the use of Clinical Counselling values, principles and treatment methods, including psychotherapy, to help individual, couple, family, and group clients understand, cope with and resolve their situation, in order to:</p> <ul style="list-style-type: none"> a. Enhance personal, couple, family, group, organizational or community growth and effectiveness; b. promote healthy interpersonal relationships; c. encourage self growth; d. sustain mental, emotional, physical and spiritual health. <p>"Clinical Counselling Services" refers to one or more of the following: assessment, evaluation, diagnosis and treatment of individuals, couples, families and groups in a wide variety of methods and settings; strategic intervention to facilitate optimum growth and functioning in client's lives; consultation and referral to appropriate client services which lie beyond the Registered Clinical Counsellor's areas of expertise; provision of supervision and/or consultation to Clinical Counselling (and other) professional practitioners, students and supervisees; program development, research, teaching and contributions to the body of literature dedicated to Clinical Counselling practice; testing, consulting, mediation and coaching practices.</p>	
<p>The BC Task Group for Counsellor Regulation has approved a scope of practice for counselling therapists</p>	<p>Scope of practice The practice of Counselling Therapy assists people experiencing difficulties in relationships, or within themselves, and enhances their growth and well-being, by making use of relational, conversational, somatic, expressive, or educational methods and techniques informed by established counselling and psychotherapeutic theories, research, ethical standards, human diversity, and the range of human traditions.</p>	
<p>Canadian Mental Health Association</p>	<p>Psychologists, psychiatrists and some social workers practise psychotherapy. Getting treatment by psychotherapy means talking with a trained person who helps you solve problems by developing more positive thoughts and feelings. There are many different theories and schools of thought regarding effective psychotherapy techniques. Common techniques include:</p>	

	<p>A) Group Therapy - Several people talk about their problems and receive help from each other's remarks. A trained therapist leads the group.</p> <p>B) Individual Psychotherapy - The individual talks about problems without going deeply into the subconscious mind. (Note: the "subconscious" is that part of the mind which is not fully conscious, yet is able to influence our actions.)</p> <p>C) Psychoanalysis - Therapists seek to uncover causes of mental health problems by searching into a person's early experiences. Dream analysis and free association (talk about anything that comes to mind) are used to get to the subconscious mind. Other Counselling Services</p>
Canadian Psychological Association	Counselling psychology is a broad specialization within professional psychology concerned with using psychological principles to enhance and promote the positive growth, well-being, and mental health of individuals, families, groups, and the broader community. Counselling psychologists bring a collaborative, developmental, multicultural and wellness perspective to their research and practice. They work with many types of individuals, including those experiencing distress and difficulties associated with life events and transitions, decision-making, work/career/education, family and social relationships, and mental health and physical health concerns. In addition to remediation, counselling psychologists engage in prevention, psycho-education and advocacy.
Canadian Psychiatric Association	<p>At its meeting on May 1st, 1976, the Board of Directors accepted in principle the following definition of psychotherapy recommended by the Professional Standards and Practice Council of the CPA and provided by the CPA Nucleus Committee on Psychotherapy.</p> <p>Psychotherapy is a selected form of psychiatric treatment which employs specialized communication techniques practised by a properly trained physician for the purpose of curing or reducing the psychiatric disability of the patient. In psychiatric practice, psychotherapy is usually carried out at intervals, for a definite time duration, most often an hour or a fraction thereof.</p>
GENERAL	Definitions/Scopes of Practice
World Health Organization	Psychotherapy refers to planned and structured interventions aimed at influencing behaviour, mood and emotional patterns of reaction to different stimuli through verbal and non-verbal psychological means. Psychotherapy does not comprise the use of any biochemical or biological means.
From Wikipedia, the free Encyclopaedia	Psychotherapy is a set of techniques believed to cure or to help solve behavioural and other psychological problems in humans. The common part of these techniques is direct personal contact between therapist and patient, mainly in the form of talking. Due to the nature of these communications, there are significant issues of patient privacy and/or client confidentiality.
Feltham, C. and Dryden, W. (1993) Dictionary of Counselling. London: Whurr	<p>Counselling is a principled relationship characterised by the application of one or more psychological theories and a recognised set of communication skills, modified by experience, intuition and other interpersonal factors, to clients= intimate concerns, problems or aspirations. Its predominant ethos is one of facilitation rather than of advice-giving or coercion. It may be of very brief or long duration, take place in an organisational or private practice setting and may or may not overlap with practical, medical and other matters of personal welfare.</p> <p>It is both a distinctive activity undertaken by people agreeing to occupy the roles of counsellor and client and it is an emergent profession.... It is a service sought by people in distress or in some degree of confusion who wish to discuss and resolve these in a relationship which is more disciplined and confidential than friendship, and perhaps less stigmatising than helping relationships offered in traditional medical or psychiatric settings.</p>
International Jurisdictions	
American Association of	Counselling is the application of mental health, psychological or human development principles, through cognitive,

Counselling	affective, behavioural or systemic interventions, strategies that address wellness, personal growth, or career development, as well as pathology
American Association of Marriage and Family Therapists	Marriage and Family Therapy has long been defined as an intervention aimed at ameliorating not only relationship problems but also mental and emotional disorders within the context of family and larger social systems.
The British Association of Counselling and Psychotherapy	Counselling is the skilled and principled use of relationship to facilitate self-knowledge, emotional acceptance and growth and the optimal development of personal resources. The overall aim is to provide an opportunity to work towards living more satisfying and resourcefully. Counselling relationships will vary according to need but may be concerned with developmental issues, addressing and resolving specific problems, making decisions, coping with crisis, developing personal insights and knowledge, working through feelings of inner conflict or improving relationships with others. The counsellor's role is to facilitate the client's work in ways that respect the client's values, personal resources and capacity for self-determination
Psychotherapy & Counselling Federation of Australia	<p>Psychotherapy and Counselling are professional activities that utilise an interpersonal relationship to enable people to develop understanding about themselves and to make changes in their lives.</p> <p>Professional Psychotherapists and Counsellors work within a clearly contracted, principled relationship that enables individuals to obtain assistance in exploring and resolving issues of an interpersonal, intrapsychic, or personal nature.</p> <p>While counselling and psychotherapy overlap considerably, there are some distinctive differences. The focus of counselling is more likely to be on specific problems or changes in life adjustment. Psychotherapists are more likely to work intensively with deeper issues and/or more deeply disturbed clients who are seen more frequently and over a longer period of time.</p> <p>It is recognized that a wide range of professions may use a variety of counselling skills as part of their practice, and that the term counselling is part of everyday language with different meaning in different contexts. This has led to difficulties in reaching consensus about the distinctive nature of counselling and psychotherapy as a profession. Compared with most other health professions, counselling and psychotherapy are in a relatively early stage of development as a profession, providing us with both opportunities and challenges</p>
Mayo Clinic	Psychotherapy: A method of treating Mental disorders that involves verbal and nonverbal communication about thoughts, feelings, emotions and behaviours in individuals, group or family sessions in order to change unhealthy patterns of coping, relieve emotional distress and encourage personality growth and improved interpersonal relations. Also called counselling or talk therapy.
State of Wisconsin-Subcommittee of the Psychotherapy Advisory Committee	Psychotherapy means the diagnosis and treatment of mental, emotional, and behavioural disorders, conditions and addictions through the informed and intentional application of clinical methods and interpersonal stances derived from established psychological principles for the purpose of assisting people to modify their behaviours, cognitions, emotions, and/or other personal characteristics in directions that the participants deem desirable, which may include the understanding of unconscious processes, intrapersonal, interpersonal and psychosocial dynamics.
State of Wyoming	Psychotherapy means the treatment, diagnosis, testing, assessment or counselling in a professional relationship to assist individuals or groups to alleviate mental disorders, understand unconscious or conscious motivation, resolve emotional relationships, or attitudinal conflicts, or modify behaviours which interfere with effective emotional, social or intellectual functioning.
California Coalition for Counselor Licensure	(a) "Professional clinical counselling" means the application of counselling interventions and psychotherapeutic techniques to identify and remediate cognitive, mental, and emotional issues, including personal growth, adjustment to disability, crisis intervention, and psychosocial and environmental problems. "Professional clinical counselling includes conducting assessments for the purpose of establishing counselling goals and objectives to empower individuals to deal adequately with life situations, reduce stress, experience growth, change behaviour and make well-informed, rational

	<p>decisions.</p> <p>(b) "Professional clinical counselling" is focused exclusively on the application of counselling interventions and psychotherapeutic techniques for the purposes of improving mental health, and is not intended to capture other, non-clinical (i.e. non-mental health) forms of counselling for the purposes of licensure.</p>
State of Colorado	<p>Psychotherapy is the treatment, diagnosis, testing, assessment, or counselling in a professional relationship to assist individuals or groups to alleviate mental disorders, understand unconscious or conscious motivation, resolve emotional, relationship, or attitudinal conflicts, or modify behaviours which interfere with effective emotional, social, or intellectual functioning. Psychotherapy follows a planned procedure of intervention, which takes place on a regular basis, over a period of time, or in the cases of testing, assessment, and brief psychotherapy, it can be a single intervention.</p>
State of Vermont	<p>"Psychotherapy" means the provision of treatment, diagnosis, evaluation or counselling services to individuals or groups, for a consideration, for the purpose of alleviating mental disorders.</p> <p>"Psychotherapy" involves the application of therapeutic techniques to understand unconscious or conscious motivation, resolve emotional, relationship or attitudinal conflicts, or modify behaviour which interferes with effective emotional, social or mental functioning. "Psychotherapy" follows a systematic procedure of psychotherapeutic intervention which takes place on a regular basis over a period of time, or, in the case of evaluation and brief psychotherapies, in a single or limited number of interventions. If a person is employed by or under contract with the agency of human services, this definition does not apply to persons with less than a master's degree, to persons providing life skills training or instruction, such as learning to make friends, to handle social situations, to do laundry and to develop community awareness, or interactions of employees or contracted individuals with clients whose job description or contract specifications do not specifically mention "psychotherapy" as a job responsibility or duty.</p>