



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

Canadian Counselling and Psychotherapy Association Acknowledges Bullying Awareness Week

OTTAWA (November 18, 2013) Today, the Canadian Counselling and Psychotherapy Association (CCPA) advocates for increased awareness of Bullying Awareness Week, taking place from November 17 – 23. This year's theme is "Stand Up! (to bullying)".

Bullying Awareness Week was first celebrated in November 2003, and has since been recognized by schools, communities and organizations around the globe to promote solutions to issues related to bullying. "This special week provides a wonderful opportunity for community members, businesses, schools and other institutions, particularly those with vulnerable populations to get involved, build greater awareness and education, and work together to reduce bullying and its harmful effects in our communities," said CCPA President, Blythe Shepard.

As a national, bilingual association for the counselling and psychotherapy profession, CCPA's focus is on professional learning, research, and advocacy in all areas of the profession. The Association includes a dedicated chapter specifically for school counselling, and has a vested interest in ensuring that all children and youth have access to trained school counsellors in every school. Bullying does not begin or end at school. Bullying has its roots early in human development and extends well into middle age and the senior years. For this reason, CCPA's chapters that are dedicated to private practice, to career development, to social justice, and many other special interest areas play a strong role in 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.

CCPA proudly stands up to bullying. It strongly supports the work of qualified counsellors in addressing issues related to bullying in Canadian life in general, in the workplace, in schools, and in personal relationships. From domestic abuse to workplace harassment and from relational violence to emotional sabotage, bullying takes many forms and has many causes. CCPA is committed to raising awareness of the harmful effects of bullying proactively, to decrease the incidence of bullying events through early intervention, to support those affected by bullying (regardless of their role in targeting others, being targeted by others, or as witnesses), with the goal of increasing the health of our population across the lifespan.

The opportunity to have confidential dialogue on matters related to bullying and mental health issues is healing. "CCPA would like to ensure that all Canadians have access to timely, qualified, and effective support," added Shepard. "From comprehensive guidance and counselling programs in schools, to early intervention and education across the lifespan, and ongoing support by trained professionals, 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."

CCPA also encourages anyone who may be experiencing effects of bullying or find themselves bullying others to seek immediate support. CCPA recently launched its new public website "Talking Helps"

(www.talkingcanhelp.ca), which supports open dialogue and where members of the public can find authoritative information about the benefits of counselling in ameliorating a variety of life experiences that negatively impact health and wellbeing. In addition, if you are looking for therapeutic support, visit 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.

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