



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

Statement by the Canadian Counselling and Psychotherapy Association on Recent Tragic Events in Quebec, Labrador, Alberta, Manitoba, and Ontario

OTTAWA (July 11, 2013) The Canadian Counselling and Psychotherapy Association (CCPA) would like to express its deepest sympathies and condolences to the families of the victims who have experienced loss in the recent tragic events in Quebec, Labrador, Alberta, Manitoba, and Ontario.

“Our thoughts and prayers go out to all those affected by these recent tragic events, including the train derailment and subsequent explosions in the town of Lac-Mégantic, severe flooding in Calgary, High River, and Toronto, and the devastating forest fires in Labrador,” said CCPA President, Blythe Shepard.

Counsellors and psychotherapists are part of the continuum of care in primary health care and make vital contributions to the mental health and well-being of all Canadians. CCPA recognizes the outpouring of support and teamwork from professionals and community members during these difficult times and is committed to assisting all those affected.

With the unfortunate occurrences of such tragedies comes the potential for devastating psychological effects. CCPA would like to remind those who may be having difficulties coping with crisis, or who are experiencing psychological distress, that a variety of services and resources are available.

Sometimes, underlying conditions become more problematic with the added stress of tragic events. Other times, people who have experienced tragic or traumatic situations report being jumpy and nervous, and often re-live the traumatic event through nightmares and flashbacks. Commonly, people experience problems concentrating and sleeping, and feel isolated and detached. If you, or someone you know is experiencing these types of symptoms, counselling and psychotherapy may be helpful.

“We know that it can sometimes be difficult to say what’s on your mind,” said CCPA Past President, Lorna Martin. “Having the opportunity to express feelings and concerns in a supportive environment can be sufficient to alleviate some of the immediate stress and anxiety often experienced after such losses. Therapy offers a safe, confidential place for an individual to talk about his or her life or give expression to anything that may be difficult, confusing, painful or uncomfortable.”

CCPA strongly encourages anyone who is experiencing changes in their regular functioning that they find are getting in the way of their day-to-day life following the tragic events in their area to visit its website at www.ccpa-accp.ca, where they can search for a Canadian Certified Counsellor in their region. Additionally, members of the public can find further information and support about the profession of counselling and psychotherapy by visiting CCPA’s new public website, www.talkingcanhelp.ca.

The “Talking Helps” website features information on reasons for seeking counselling, types of therapies and even tips on finding the right therapist for them. It is a safe and anonymous way for people to seek answers to their questions and gain access to the help they need.

“These tragic events take a toll on everyone. At this time, we need to take care of ourselves and reach out to others in need,” concluded Shepard. “It is our hope that over time, through the various means of support, these communities will be able to re-build and community members can find a level of healing, hope, comfort and joy.”

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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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