



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

## Canadian Counselling and Psychotherapy Association Celebrates Canada Career Week

OTTAWA (November 4, 2013) Today, the Canadian Counselling and Psychotherapy Association (CCPA) proudly celebrates Canada Career Week 2013. This special week serves to remind Canadians of the importance of career development and the value of career development practitioners. This year's theme is "At the Crossroads - À la croisée des chemins".

"We are proud to be celebrating this special week to promote, showcase and celebrate career development," said CCPA President, Blythe Shepard. "As part of our collective body of work, CCPA has a Career Counsellors Chapter dedicated to people working in counselling-related roles in the field of career development."

An important step in one's life, career development is the lifelong process of managing learning, work, leisure, and transitions in order to move toward a personally determined and evolving preferred future. Relatable to this process, career counselling refers to an individual or group process which emphasizes self-awareness and understanding, and facilitates people to develop a satisfying and meaningful life/work direction.

"Our career counsellors have a specialized blend of competencies from two distinct groups," added Shepard. "As both fully competent career development practitioners, and fully qualified counsellors, these professionals can assist others in a supportive environment with learning, making work and transition decisions or managing responses to changing work and learning environments over the lifespan."

This year's theme showcases the many fundamentals of the career counselling profession. From assisting those who may be feeling trapped at a "career crossroad" or assisting students transitioning from school to the world of work, the skills of career counsellors bring focus to decision-making. From helping parents navigate work-related family transitions to helping answer the big question "How should I live my life?", these professionals are here to help people find their way along their career journey.

"CCPA remains dedicated to the enhancement of the counselling and psychotherapy profession in Canada. Professionals whose work is focused in the field of employment and career development play a key role in the success and wellbeing of Canadians," concluded Shepard. "We hope that during this special week, members of the community will join us in the celebrations by proudly showcasing their workplace successes, connecting with and inspiring others, and promoting career development across the country."

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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. For more information on the counselling and psychotherapy profession, please visit [www.ccpa-accp.ca](http://www.ccpa-accp.ca) or [www.talkingcanhelp.ca](http://www.talkingcanhelp.ca).*

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