



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

# Indigenous Circle Chapter

The Canadian Counselling  
and Psychotherapy Association



**A** gathering space for Indigenous counselling therapists who are members of CCPA. We also welcome other members of CCPA who wish to know more about this unique field of Indigenous mental health.

Canadian Counselling and Psychotherapy Association  
Indigenous Circle Chapter

<http://www.ccpa-accp.ca/en/chapters/indigenouscircle/>

## What is Indigenous Mental Health?

Indigenous mental health is a distinct field within the mental health profession. We draw on Indigenous ways of knowing, beliefs about health, and traditional healing, and combine these with therapeutic approaches from mainstream mental health care. This approach, also known as “two-eyed seeing”, can help our people heal from the impact of colonization, as well as mental health issues that can affect everyone. Cultural loss and intergenerational trauma manifest in the lives of Indigenous individuals and communities in many ways, creating or compounding mental health challenges. Indigenous wisdom informs our counselling practice, and healing and decolonization go hand in hand.

The Indigenous Circle began in 2004 as the Aboriginal Circle Chapter. Our Constitution and By-laws and name change were adopted by our membership and approved by the CCPA Board of Directors in 2013. The Mission and Objectives of the Indigenous Circle Chapter guide our endeavours.

## Our Mission Statement

The Chapter’s mission is to support the work of CCPA members who join or may consider joining the Indigenous Circle Chapter in order to identify, promote, and meet the needs of Indigenous practitioners and their colleagues. This includes advancing culturally congruent counselling and psychotherapy, and providing member services and related resources for CCPA members who work for and with Indigenous peoples in Canada.



## Our Objectives

The Indigenous Circle Chapter aims to provide opportunities for its members to meet and discuss issues of interest to Indigenous practitioners. By sharing best practices, our network can build and expand upon our collective knowledge.

We strive to publicize and provide opportunities for practitioners to access training in culturally appropriate ways of providing counselling and psychotherapy to Indigenous peoples. The ICC may also provide some of these opportunities.

## Our activities include:

- monthly Executive teleconference meetings;
- list-serv e-mails to enhance members’ awareness of issues, resources, and opportunities for networking and professional development related to Indigenous mental health;
- updating the ICC website for members to access through the Chapter heading on the CCPA home page;
- developing a logo and brochure to identify and promote our Circle;
- welcoming Indigenous conference participants, local elders, and others into the Indigenous Gathering Space at the annual CCPA conference; and
- promoting the ICC scholarship awards, the CCPA Indigenous Practice Award, conference travel grants, and other CCPA awards.



Visit our website at

<http://www.ccpa-accp.ca/en/chapters/indigenouscircle>  
to learn more about:

- our Mission Statement and Constitution and By-laws;
- our Circle Executive;
- our monthly Executive meetings;
- news articles and training opportunities;
- annual awards and prizes;
- how to join our Circle.

You may be interested in joining us if you are:

- a member of CCPA;
- an Indigenous counselling therapist;
- working with Indigenous clients and/or in an Indigenous community;

## How to join:

There are two ways to join the Indigenous Circle Chapter of CCPA:

- when renewing your CCPA membership, select the Indigenous Circle Chapter from the list of Chapters members may want to join, and include the Circle membership fee (\$10.00).
- call the National Office of CCPA at 1-877-765-5565 and a staff member will assist you.



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[www.ccpa-accp.ca](http://www.ccpa-accp.ca)

Toll Free: 1-877-765-5565 Fax: 613-237-9786