



## Counsellors and Psychotherapists Acknowledge International Day of Persons with Disabilities

OTTAWA (December 3, 2015) Today, the Canadian Counselling and Psychotherapy Association (CCPA) is acknowledging International Day of Persons with Disabilities.

Annually marked around on the world on December 3<sup>rd</sup>, the United Nations (UN) formally recognizes International Day of Persons with Disabilities to encourage awareness and support regarding issues of importance for persons living with disabilities in their communities and the resources available.

According to the UN, this year's theme, "Inclusion matters: Access and empowerment for people of all abilities", acknowledges how people with disabilities are often excluded from society and there is a need to promote the removal of all types of barriers; including those relating to the physical environment, information and communications technology (ICT), and attitudinal barriers.

"CCPA and its membership are proud to shine light on this important day that has been publicly acknowledged around the world since 1992," said Natasha Caverley, CCPA President. "Many of the life issues faced by people with disabilities relate to accessing support. Counsellors and psychotherapists can play an integral role in the lives of those living with a disability by providing a welcoming and safe place where the counselling relationship can assist the person to find internal and community supports."

For this year's International Day of Persons with Disabilities, there are also three sub-themes:

- Making cities inclusive and accessible for all;
- Improving disability data and statistics; and
- Including persons with invisible disabilities in society and development.

If you or someone you know is looking for therapeutic support, Canadians are encouraged to visit [www.ccpa-accp.ca](http://www.ccpa-accp.ca), where you can search for a Canadian Certified Counsellor (CCC) in your region.

Members of the public can also find authoritative information about the profession of counselling and psychotherapy by visiting CCPA's public website, [www.talkingcanhelp.ca](http://www.talkingcanhelp.ca).

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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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