



## CCPA Ambassador Program



**Name and Title :** Velma Noble, M.A. (Pastoral Psychology & Counselling) , RP, CCC-S, CPCS, PAg.-Ret.

**Website:** [www.counsellingconnections.net](http://www.counsellingconnections.net)

### **A little word about me and what I do:**

My working career has an initial chapter of small business I managed, followed by fifteen years of financial planning, and following a discernment process, I returned to the world of academia for retraining as a psychotherapist. I launched Counselling Connections in 2004, and have greatly enjoyed being in private practice since that time. My education and training has included a Bachelor of Arts (Honours) from Acadia University in Sociology &

Economics, a Master of Arts in Pastoral Psychology and Counselling (St. Stephen's College), and I am enrolled in a Master of Counselling Education program through University of Ottawa.

Volunteerism and community service have been at the center of my adult and family life, having been an active member of Rotary International in numerous clubs across Canada and in Malaysia. I have served as a board member in a variety of capacities for numerous professional and community organizations, including individual Rotary Clubs and with Rotary District #5360, United Churches, and most recently as Member-at-Large with CCPA AB-NWT Chapter. I have two beautiful daughters currently attending universities in Ontario. Although born and raised in the beautiful Annapolis Valley, N.S., I've spent the last 26 years in Calgary, AB.



## **What does CCPA mean to me?**

The Canadian Counselling and Psychotherapy Association (CCPA) is a national organization dedicated to the enhancement of the counselling and psychotherapy profession in Canada, and I am honoured that it was the first professional body to grant me credentialing as a psychotherapist. It is important to me that it has a wide and far-reaching mandate that serves to promote research, education, policies, and appropriate standards of practice for the provision of accessible, competent and accountable counselling services throughout the human lifespan in a manner sensitive to and inclusive of the pluralistic nature of society. Furthermore, it holds significant meaning for me that CCPA endorses genuinely therapeutic approaches across the continuum of care that have sound theoretical underpinnings consistent with current established knowledge in the field, that withstand scholarly review and demonstrate efficacy, safety, and benefit to the client, firmly supported by a Code of Ethics and a formalized Standards of Practice. My certification with CCPA positively reinforces my striving to maintain the highest standard of professionalism, ethics, gate keeping, and advocacy. I take pride in belonging to CCPA as a clinical supervisor with a professional association so committed to meeting the needs and supporting the best practice of its members. I find it meaningful to align my professional services with CCPA, which continues to be a vital force reaching out to all Canadians who seek treatment and support for their health and mental wellbeing.

Through CCPA's active and vibrant network of 5000+ counsellors and psychotherapists, I have access to expertise and like-minded practitioners from coast to coast to coast. National office provides excellent support for helping me in our daily tasks as frontline providers of mental health services, as well as meeting our professional development needs. The landscape regarding counselling and psychotherapy must evolve rapidly to meet the seemingly insurmountable increase in mental health needs, and CCPA is well positioned to help certify new counsellors, while actively safe guarding the public. Currently, the only Quebec, Ontario and Nova Scotia have regulatory bodies for counselling/psychotherapy. However a great deal of activity is ongoing in my home province of Alberta, and I chose to become a clinical supervisor as well as member of AB-NWT Chapter to assist with regulation movement. CCPA is striving to support the status of regulation changes in each province.



**My previous and current involvement with CCPA:**

I have been an active certified member with CCPA since 2009, and a clinical supervisor since 2016. I regularly attended workshops, AGM's with Alberta/NWT Chapter, including participating in the new CCPA Meet-Up Group (for private practitioners based in the southern AB. region), and I joined the board serving as Member-at-Large in 2015. Our CCPA Chapter helped host the October 2016 Research Conference in St. Albert, AB., and I was honoured to serve as a member of the planning and hosting committee for this rich learning experience. My involvement in the Alberta/NWT Chapter has given me the opportunity to develop an active and inspiring network of mental health colleagues in my region for support and consultation. This aspect has been especially valuable to me for attending to the isolation of being in private practice. Working at the Chapter level gives me close access to the amazing leaders in the field of psychotherapy, as well as being inspired by those persons assisting with the on-going regulation of the profession.

**Favorite author or musical artist:** I'm an avid reader, and devoted to being a life-long learner. I'm happiest when there is stacks of books my night stand from a wide variety of genres. Although my roots are Celtic (a good rhythm will always set my toes a tapping), I confess to enjoying a diverse range of musical styles. My life is richer for all the great writers, poets, musicians, performers that have walked the face of the Earth. Paradise for me is being lost in a good book, musical/theatrical concert, museum, or art gallery.