



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

Name and Title: Kaitlyn Butterfield

A little word about me and what I do:

I am currently a fourth year student at the University of Ottawa. I am studying an Honors Bachelor of Arts with a Specialization in Psychology and a Minor in Communication. I am incredibly passionate about mental health, and all that it entails. I aspire to implement my current and future education, training and research toward becoming a Clinical Psychologist.

What does CCPA mean to me?

I am an incredibly firm believer in the importance of having strong peer and professional support systems within reach. As an aspiring professional, I view the Canadian Counselling and Psychotherapy Association as an essential component in the mental health industry. It is an opportunity for like-minded individuals to provide the mutual support, advocacy, networking opportunities, and overall professional development that is necessary to expand the knowledge and potential of all those involved.

Favorite author or musical artist:

Lately, I have been immersed in the incredible works of Mark Lewis; specifically, "Memoirs of an Addicted Brain". A close second would have to be Malcolm Gladwell. I thoroughly enjoyed both "Blink" and "Outliers".

