



## Canadian Multiculturalism Day Brings Attention to Need for Culturally Appropriate Counselling Nation-Wide

OTTAWA (June 27, 2017) Today, the Canadian Counselling and Psychotherapy Association (CCPA) is proud to recognize Canada's 15<sup>th</sup> annual Multiculturalism Day. June 27<sup>th</sup> is a day dedicated to Canadian multiculturalism, widely considered to be one of the bedrocks of the country. This day provides an opportunity to celebrate Canada's values based on diversity and respect for cultural differences, social justice, equality and freedom.

"Canada's diversity is viewed as an honorable and unique quality throughout the world, and we are provided with so many opportunities to collaborate with many different communities because of it. It is with great pride that our members have the ability to participate in Canada's encouragement of ongoing acceptance throughout the nation," said John Driscoll, CCPA National President. "In honour of Canadian Multiculturalism Day, our association would like to extend its gratitude towards the diverse members of Canadian society for their continual belief in the strong multicultural community that we, as Canadians, have built over time."

As counsellors and psychotherapists continue to play a major role in self-awareness, emotional acceptance, and personal growth, Canada's diverse community must remain committed to these same values. Providing timely, accessible, culturally congruent and qualified care for anyone, no matter their race, ethnicity, gender, religion, sexual orientation or origin is an important start to consistent multicultural awareness.

"As valued and beneficial multiculturalism is to Canadians, it has its challenges like anything else. Given the fact that immigration continues to grow in Canada, it is becoming more and more essential for counsellors and psychotherapists to be aware of culturally appropriate methods for mental health services, and implement them accordingly," added Driscoll. "The relationship between counsellors and their clients is dependent on the mutual understanding of cultural sensitivities. As our awareness grows, it is clear that communication between our communities is of absolute importance to maintain cultural integrity."

Canadians deserve ongoing professional support throughout their lifetime, and the CCPA is committed to helping our multicultural nation engage in these efforts. If you are looking for therapeutic support, go to [www.ccpa-accp.ca](http://www.ccpa-accp.ca), where you can search for a Canadian Certified Counsellor 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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