



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

A shared learning journey:

CCPA's national update and reflections on the interplay between ethics, social justice, religious freedom, human rights, and legal systems within the current and emerging Canadian counselling and psychotherapy landscape

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Traditional territory acknowledgement

We would like to begin by acknowledging that the land on which we gather is the traditional unceded territory of the Mi'kmaq Peoples.

This territory is covered by the “Treaties of Peace and Friendship” which Wəlastəkwiyik (Maliseet), Mi'kmaq and Passamaquoddy Peoples first signed with the British Crown in 1726. The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq and Wəlastəkwiyik (Maliseet) title and established the rules for what was to be an ongoing relationship between nations.



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Agenda

Background and Context

- CCPA's mandate
- The “interplay” question

Process: A Shared Learning Journey

Lessons Learned

- For individual counsellors
- For counsellor educators/training programs
- For CCPA

Reflections – small group discussions

Where do we go from here? Next steps, our legacy and collective path forward

Acknowledgements



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Reflection Question....

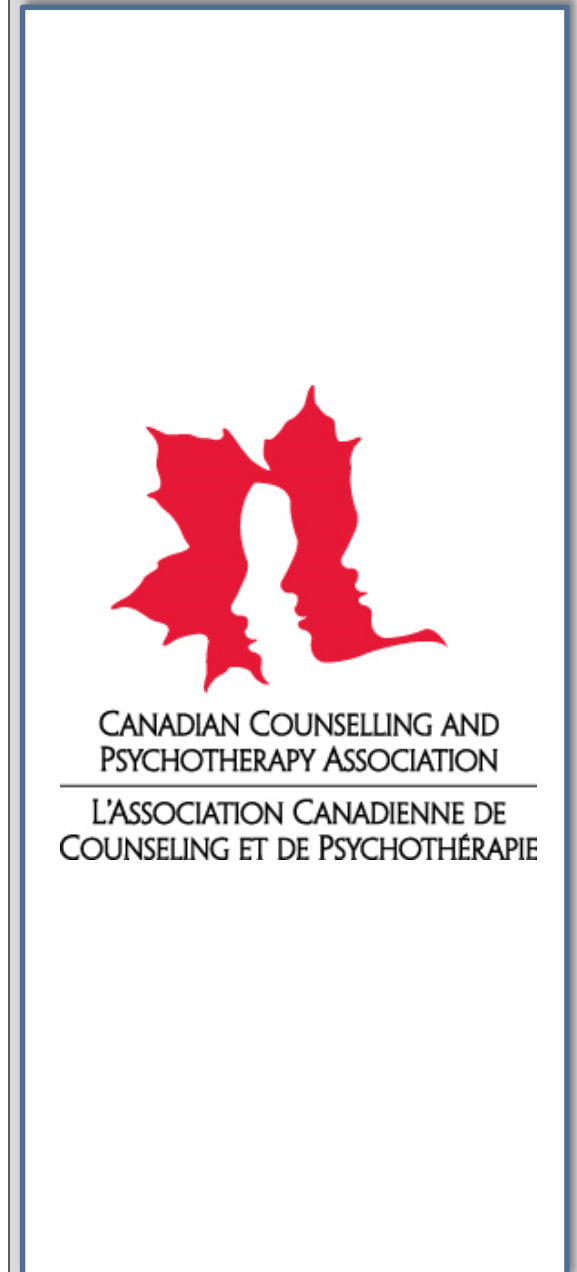
How you can be part of the on-going shared learning journey at CCPA

- By recognizing the need to take an inclusive approach in the counselling & psychotherapy profession; and**
- By respecting all diversities in a Canadian context.**

Background and Context

Canadian Counselling and Psychotherapy Association (CCPA)

- ❑ National bilingual association
- ❑ 50+ year history
- ❑ 7,000+ members
- ❑ Members in every province and territory
- ❑ A vast wealth of membership expertise & specialization
- ❑ Serving diverse clientele across the lifespan in a variety of settings working



Background and Context

CCPA's mandate is to provide following for counselling and psychotherapy in Canada:

- ❑ **National leadership**
- ❑ Forum for ongoing **information exchange & critical discussion** of pertinent issues
- ❑ A vehicle for **advocacy, networking & promoting** the profession
- ❑ Opportunities to **develop & share best practices, research, position papers & professional development**
- ❑ **Linkages** with other professional counselling & psychotherapy associations **provincially, nationally and internationally**



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Background and Context

Counselling/psychotherapy landscape in Canada:

- ❑ **Changing regulatory landscape in Canada (AB, ON, QC, NS, NB – currently regulated)**
- ❑ **Supporting the Truth and Reconciliation Commission (TRC) Calls to Action**
- ❑ **Embracing inclusion**
- ❑ **Ensuring synergies with national CCPA initiatives**



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Process: A Shared Learning Journey

In 2014: a series of informal discussions arose regarding:

- ❑ *interplay* amongst counselling *ethics* & *standards of practice*
- ❑ and *social justice, religious freedom, human rights*
- ❑ and the Canadian & provincial/territorial *legal systems*
- ❑ What happens when they are *not aligned* in the context of counselling and psychotherapy.



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Process: A Shared Learning Journey

Steps taken:

- ❑ Creation of CCPA Research Task Group
- ❑ Assembly of members with a wide range of subject matter expertise
- ❑ Findings explored through reflection and trends



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Process: A Shared Learning Journey

Findings reviewed by:

- CCPA Peer Reviewers
- CCPA National Board of Directors
- CCPA Research Task Group Sub-Committee
- CCPA National Office



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Reflections and Lessons Learned

Reflecting on various dimensions of *multi-faceted interplay* topic:

- ❑ Wise practices, lessons learned, and sustainability
- ❑ Quality assurance “audit” of current CCPA standards and practices



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Lessons Learned applied to:

- ❑ Individual counsellors & psychotherapists
- ❑ Counsellor educators & training programs
- ❑ CCPA as an association



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Reflections and Lessons Learned

As individual counsellors and psychotherapists:

- Support professional & ethical practice
- Continue lifelong learning
- Remain up-to-date about the social determinants of health
- Develop competencies to work ethically with diverse client values



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Reflections and Lessons Learned

As individual counsellors and psychotherapists cont'd:

- ❑ Engage in strategies such as deliberative justice, advocacy, social justice, and peace-building
- ❑ Acknowledge power and privilege; use to address marginalization
- ❑ Engage in advocacy to challenge discriminatory legislation



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Reflections and Lessons Learned

As individual counsellors and psychotherapists – lessons learned from CCPA Audit:

- CCPA Code of Ethics and Standards of Practice mandates the proceeding*
- CCPA provides Professional development*
- Social Justice competencies may be developed by FACT & Regulatory groups*
- CCPA supports the work of Social Justice Chapter & Indigenous Circle Chapter*
- CCPA provides legal consultative services*



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Reflections and Lessons Learned

For counsellor educators & training programs

- ❑ support, develop and model professional ethical practice in training students

Through:

- ❑ counsellor competency development
- ❑ social justice, inclusion & diversity principles
- ❑ counsellor educator professional development



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Reflections and Lessons Learned

For counsellor educators/training programs – general reflections and trends:

- Prioritize multicultural, diversity & social justice values & competencies
 - Support instructors & faculty members as role models
 - Maintain currency and incorporate into various pedagogies
- Align mission statements, course curricula, & pedagogical approaches
- Assist students to develop multicultural & social justice competencies in the area of counselling ethics



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Reflections and Lessons Learned

For counsellor educators/training programs – lessons learned from CCPA

- Embrace inclusion
- Integrate social justice, diversity, ethics into culturally relevant counsellor education
- Support the Truth and Reconciliation Commission Calls to Action
- Recognize master's level counselling & entry-to-practice training
- Integrate understanding and mutual respect for the dignity and worth of each person
- Develop advocacy competency within an ethical framework



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Reflections and Lessons Learned

As CCPA :

- ❑ Support competency development & social justice/inclusion/diversity principles
- ❑ Levels: micro (practitioner) & macro (organizational) in Canada
- ❑ Reflect on CCPA's mandate and its “interplay” with current case law, ethics, accreditation, certification & regulation trends



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Reflections and Lessons Learned

For CCPA on-going...

Values, competence, ethics and the law:

- Updating the *Code of Ethics & Standards of Practice*
- Reviewing the CCPA vision and mission
- Creating the National Indigenous Director position
- Engaging in extensive *advocacy* work
- Reviewing policies and procedures
- Advising on *current developments* in ethics & the legal system



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Reflective Pause and Interactive Discussion

In relation to our roles as individual counsellors and psychotherapists...

How can we support professional and ethical practice with...

- our clients?*
- our continued lifelong learning as practitioners in counselling and therapy?*
- our respective workplaces?*

Reflective Pause and Interactive Discussion

In relation to counsellor educators/training programs...

How can we support, develop and model professional ethical practice in the training of counsellors and psychotherapists at the program and institutional levels in relation to...

- Counsellor competency development?*
- Social justice, inclusion and diversity principles?*
- Counsellor educator professional development?*

Reflective Pause and Interactive Discussion

In relation to CCPA...

How can we support CCPA with the “interplay” question in relation to its mandate with regards to...

- Counsellor competency development?*
- Social justice, inclusion and diversity principles?*
- Micro level considerations (for members)?*
- Macro level considerations (for the Association)?*

Where do we go from here? Our legacy and collective path forward

CCPA Board of Directors & National Office will continue to document/monitor progress made on interplays within:

- CCPA Policies
- CCPA Procedures
- CCPA Code of Ethics
- CCPA Standards of Practice
- CACEP accreditation
- CCPA Certification (CCC and CCC-S)
- Regulatory associations of our members



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Next steps...

- ❑ Writing COGNICA articles
- ❑ Updating future CCPA National Boards and members on the Research Task Group Initiative
- ❑ Continuing inclusive approach in counselling & psychotherapy profession - respecting all diversities in a Canadian context



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- ❑ CCPA Board of Directors
- ❑ CCPA National Office
- ❑ Research Task Group
- ❑ CCPA Board-led Research Task Group Sub-Committee
- ❑ Peer Reviewers



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Questions?