



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

National Indigenous Peoples Day: Prioritizing Women, Girls, LGBTQ and Two-Spirited People

OTTAWA (June 21, 2019) - Today, marks National Indigenous Peoples Day. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures, and outstanding contributions of First Nations, Inuit, and Métis peoples. The Canadian Counselling and Psychotherapy Association (CCPA) recognizes the impacts of historical and contemporary settler colonialism in Canada and is committed to respectfully participating in actions that support truth and reconciliation.

“Today, on summer solstice, we take the opportunity to recognize the rights of Indigenous peoples from coast to coast to coast. In light of the release of the Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls (MMIWG), we have a responsibility as active allies to review, listen, and find ways of responding to the 231 Calls to Justice put forward by the National Inquiry. We encourage everyone to visit the MMIWG [website](#) to learn more,” said Jenny Rowett, CCPA National President.

In Canada, the cultural loss and dislocation resulting from the Indian Residential School system along with other forms of colonial trauma such as forced relocation and the Sixties Scoop, has resulted in unresolved grief, loss of cultural identity, and high rates of anxiety, depression, post-traumatic stress disorder, substance abuse, and suicide for many Indigenous peoples. Transgenerational trauma, continued marginalization and often below standard living conditions have compounded and increased vulnerability to mental health problems. The National Inquiry states that Indigenous women and girls are 12 times more likely to be murdered or to go missing than members of any other demographic group in Canada. They are also 16 times more likely to be slain or to disappear than white women. These historical and ongoing forms of colonization have contributed to mental health challenges for First Nations, Inuit, and Métis peoples which, in turn, have profoundly affected Indigenous communities. CCPA has an [issue paper](#) that examines the urgent need to increase and improve mental health services for Indigenous peoples in Canada.

“Each person has a role to play in order to combat violence against Indigenous women, girls and LGBTQ2+ people. Because of the increased barriers to mental health services that our Indigenous population faces, we continue to make the work of our Indigenous Circle Chapter a priority” said Jamie Warren, National Indigenous Director of CCPA. “The final report from the National Inquiry calls each of us to action to address the ongoing systemic issues of violence, intergenerational traumas and access to mental health services. Currently, the Indigenous Circle Chapter is deeply involved in advocacy, education, research, ceremony, memorials, and direct support with people and communities affected by the issue of MMIWG. They promote educational opportunities and provide a network for Indigenous counsellors and non-Indigenous counsellors who work with Indigenous clients, families, and communities. We invite all Canadians to educate themselves on this important issue and make a commitment to remembering and honouring our Indigenous women and girls, as well as to act in the spirit of social justice and reconciliation.”



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TRC Calls to Action: Please visit http://trc.ca/assets/pdf/Calls_to_Action_English2.pdf

If you are looking for therapeutic support, go to 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.

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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 or www.talkingcanhelp.ca

Contact: Emily Gale, Public Relations

Telephone: 613-233-8906

Email: ccpa@impactcanada.com