

**Province Quebec Anglophone Director**  
**Name Carrie Foster**  
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**Abstract**

Since my report in November, 2018 I have been in continued consultation with the different organizations that represent counselling and psychotherapy here in Quebec. Our goal has been to advocate for the counselling and psychotherapy community. This collaboration and sharing has proven to be mutually beneficial and speaks to community and the spirit of caring – the hallmark of our profession. The culmination is an association meeting in early May to develop a collective strategy advocacy plan.

My role as Quebec Anglophone director has been to represent the Quebec anglophone membership, support their needs and to promote the role of the CCPA in Quebec. Challenges in Education programs and in mobility into the province are still the key issues I have addressed.

**Résumé**

Depuis mon rapport en novembre 2018, j'ai poursuivi les consultations avec les différents organismes représentant le counseling et la psychothérapie ici au Québec. Notre objectif a été de défendre les intérêts de la communauté du counseling et de la psychothérapie. Cette collaboration et ce partage se sont révélés mutuellement bénéfiques et parlent à la communauté et à l'esprit de soutien - la marque de notre profession. Le point culminant est une réunion d'association au début de mai pour développer un plan de plaidoyer en stratégie collective.

Mon rôle en tant qu'administratrice anglophone du Québec a été de représenter les membres anglophones du Québec, de répondre à leurs besoins et de promouvoir le rôle de l'ACCP au Québec. Les défis en matière de programmes d'éducation et de mobilité dans la province sont toujours les problèmes clés que j'ai abordés.

**Connections and Communications**

I continue to reach out to our new members from outside of the province and support them in their transition to this province and student members that need support or guidance in their navigation of career path. The Quebec Counselling Association has been very helpful in offering its advice in areas of career counselling as well. Thank you Rena Klisouris!

The Quebec Anglophone membership continues to grow. Since my November report membership has increased by 4.4% and 16.33% since I started in my role in May of 2017. There is clearly a need for community. Our members nearly 50% Canadian Certified Members and a 15% increase in student members. I continue to invite and work with the membership and the general psychotherapy and counselling community in Montreal and Gatineau to promote the counselling and psychotherapy field and the work of the CCPA.

Activities for the year May 2018-May 2019 include: We once again supported the Montreal Walks for Mental Health for its tenth year.

As Quebec Anglophone Director I have collaborated with the Quebec Counselling Association (QCA), the North American Drama Therapy Association (NADTA), the association des psychothérapeutes du Québec (APQ), the Association des psychodramatistes du Québec (APQ), the Order of Social Workers and Couple and Family Therapists (OTSTCFQ) and the Quebec Community Groups Network (QCGN). This May will see our work begin to come together as we meet to strategize a combined plan for advocacy work to come. Collaborators include the APQ, OTSTCFQ the Order of Sex Therapists, the Art Therapists and myself as Québec Anglo director for the CCPA. We are addressing the issue of both psychotherapy permit distribution and insurance coverage and access to education that allows for eligibility to said permit. Collaboration feels very positive and productive.

Since the CAQ is the new elected party in power the province's Secretariat for relations with English-speaking Quebecers has been removed and the Minister himself will be overseeing all things English. This means we will need to work with the QCGN to ensure our needs and those of our community are being met.

The film “PsyCause” has been sub-titled into English. I have been working with the Director and Producer organize an English premier this fall. L’Association des Psychothérapeutes du Québec, the Quebec Counselling Association and CCPA have all helped to finance this project. The three organizations hope to premiere the English sub-titled film in September - viewing will be open to members and to the public. The film will be followed by a debate. For more on the film see here:

[\(http://psychotherapeutesquebec.ca/compte-rendu-du-lancement-du-documentaire-psycause-etat-de-la-psychotherapie-au-quebec/\)](http://psychotherapeutesquebec.ca/compte-rendu-du-lancement-du-documentaire-psycause-etat-de-la-psychotherapie-au-quebec/)

The Facebook page entitled “Law 21 is not working” is still active privately collecting stories from members who have experienced or are experiencing issues continues to gain momentum. There are several out of town psychotherapists and counsellors that are contacting the Quebec ombudsman to try and gain licensure here in Quebec. The initiative was started to help those counsellors and psychotherapist coming from out of province or country that are in need of a platform was started and can be found here: <https://www.facebook.com/Law-21-Is-Not-Working-1032570330241962/>

As Past-President of the Quebec Counselling Association I attend their board meetings (8/year) and invite the CCPA student representatives to attend and gain experience in the board and knowledge of the mental health community. For the next year we are excited to have two student-member representatives from both Concordia University and McGill University to work with the CCPA and the QCA.

As a member of the OTSTCFQ order I am also in contact with the Ontario Association of CFTs and Canadian Association of Marriage and Family Therapists to share events and political strategies to ensure awareness and understanding of Couple and Family therapy, and psychotherapy in general. The CAMFT has successfully lobbied for the inclusion of RMFTs as recognized service providers for Canadian veterans and active service personnel through Medavie/Blue Cross. The CAMFT continues to push for broad inclusion of RMFTs in third party payments plans. The CCPA has now officially been granted the same status for its certified members.

### **Contributions and Celebrations**

CCPA joined with me to celebrate the 60<sup>th</sup> anniversary of The Quebec Counselling Association. It was well attended and a huge success. I was happy to invite other associations to celebrate with us. We welcomed the Association of Psychothérapeutes and the North American Drama Therapy Association, Quebec Chapter presidents. Karina Albert presented with me a plaque to the QCA commemorating their 65 years. Celebration of QCA's 60 years!! 60 years is a long time for those of you who couldn't make it I provided a PowerPoint slide show. Please feel free to contact me if you are looking for a trip down memory lane. To view some pictures of the event please visit the Quebec Counselling Association QCA Facebook page



L to R: Karina Albert, Rena Klisouris, Carrie Foster

As CCPA Anglo-Director I have reached out to new members and those that have not renewed to see what I can do to improve our offerings and meet their needs. There have been several CCPA members from other provinces and some from the USA that are moving to Montreal and have reached out for help. I have been able to help them navigate the process and invite them to QCA events and connect them with the various organizations in the part of Quebec they are in. If any members need help I am available by email or phone.

### **Concerns and Challenges**

The concerns and challenges in Quebec remain the accessibility of services to the general public and the need to provide a unified front with the seven orders and different associations that provide mental health services to the public.

Membership may be increasing however the concern remains as to how students in Quebec will gain access to the psychotherapy permit when there are no university masters programs in Social Work or in Counselling Psychology that qualify their graduates for the psychotherapy permit, and there appear to be no plans to up-grade the programs to do so. This means that over time the general public will have less choice in where they turn for psychotherapy and who offers it.

The Ordre des psychologues du Québec published a new document clarifying what is psychotherapy in Quebec. You will find it here: <https://www.ordrepsy.qc.ca/-/un-nouveau-document-interordres-est-lance->

## **Coming Attractions**

As I enter my second term my plans for the Quebec region are to continue to work with the Student Reps to present the CCPA to their respective programs. We have 3 returning student reps from McGill and Concordia and will welcome a 4<sup>th</sup> from Concordia this fall. We will be discussing in the months to come what projects they want to undertake. I also hope that I will be able to work with my new French counterpart to welcome other universities in the rest of Quebec.

## **Resources**

On the Quebec political front:

Quebec community Groups Network: <http://qcgcn.ca>

Mental health and health initiatives: <http://qcgcn.ca/initiatives/health/#bill-10>

The Quebec Counselling Association ( AGM in June and next PD event too!) Standby for dates <http://www.quebeccounselling.ca>

l'Association des Psychothérapeutes du Québec : <http://psychotherapeutesquebec.ca>

Quebec Dramatherapists practicing in Quebec: <http://www.nadta.org/what-is-drama-therapy/find-a-drama-therapist/find-a-drama-therapist-in-canada/quebec-drama-therapists.html>

FACEBOOK Community; [https://www.facebook.com/Law-21-Is-Not-Working-1032570330241962/?view\\_public\\_for=1032570330241962](https://www.facebook.com/Law-21-Is-Not-Working-1032570330241962/?view_public_for=1032570330241962)

Please refer to this link for information on INESS and its reports on Psychotherapy: [https://www.inesss.qc.ca/en/search.html?L=1&id=86&tx\\_solr%5Bq%5D=psychotherapy](https://www.inesss.qc.ca/en/search.html?L=1&id=86&tx_solr%5Bq%5D=psychotherapy)

<http://www.concordia.ca/cuevents/finearts/creative-arts-therapies/2018/05/05/drama-therapy-day---may-5--2018.html>

**The efforts of citizens and psychotherapists and counsellors in Quebec continues.**