



CANADIAN COUNSELLING AND  
PSYCHOTHERAPY ASSOCIATION  
L'ASSOCIATION CANADIENNE DE  
COUNSELING ET DE PSYCHOTHÉRAPIE

## CCPA Ambassador Program *Programme d'ambassadeur de l'ACCP*

**Member:** Certified Canadian  
Counsellor

**Name and Title :** Nicola  
Sherwin-Roller MA, CCC,  
RCAT, Saskatchewan Director for  
the CCPA Board 2019-2021

**A little word about me and what  
I do:** Originally from England I  
now work in Private Practice in  
North Central Saskatchewan on  
Treaty 6 Land and the home of the  
Metis people. I graduated in 1994  
from Concordia University with a  
master's degree in Art



Psychotherapy. I serve on the Steering Committee of FACT SK as well as being a member of the Advocacy Committee with CATA. I pursue my own creative endeavours as much as possible, with many different mediums as well as through gardening and cooking. Being outdoors and on the land, with my animals, is also important to me. I think as professionals it is important to live holistically and balance each part of our lives and all the different “hats” we wear.

**What does CCPA mean to me?** CCPA is a National Bilingual organization that is dedicated to supporting and enhancing the professions of counselling and psychotherapy within Canada and Internationally. More than that though it is an organization which encourages and embraces human rights, equality and diversity within its members and organizational staff. Through becoming involved in the CCPA as a board member it has raised my awareness and really made me think about how I not only practice as a Psychotherapist, Art Therapist but how I move through the world. It has provided network opportunities and stimulation that is important and necessary especially when one has been in a private practice setting for as many years as I. It has enabled me to use the skills, I have gained throughout my different professional experiences more fully and has introduced me to some incredible people that I know will be life-long friends and allies.

**My previous involvement with CCPA:** I was the Saskatchewan board member for 2018-2019 and worked as the Saskatchewan representative for the Creative Arts in Counselling and Psychotherapy Chapter from 2016-2017

**Favorite author or musical artist:** My favorite musician is Hozier and the author would be Dean Koontz. There is a quirkiness and positive threads that run even through the darkest pieces. I love that there is always a sense of light and hope and humour.

With regards to therapeutic texts I enjoy reading and listening to authors and Elders who are passionate about the work they are doing, who treat the whole person and do not pathologize and dehumanize.