Canada’s Leading Association for Counselling and Psychotherapy

With over 7,000 professionally trained counsellors and psychotherapists, the Canadian Counselling and Psychotherapy Association (CCPA) is excited to be part of a move to expedite much needed access to mental health care.

What can counselling help you with?

- Mental Health
- Psychological Illness or Distress
- Personal Growth
- Career Development
- Wellness
- Relationships

Did you know that counselling and psychotherapy are statutorily regulated?

Counsellors and psychotherapists have extensive education that includes a minimum of a master’s level training.

CCPA provides a national certification program: the Canadian Certified Counsellor (CCC).

The counselling and psychotherapy profession is statutorily regulated in four provinces, with a fifth in progress:

- **Nova Scotia** RCT Registered Counselling Therapist
- **New Brunswick** LCT Licensed Therapist counsellor / Conseiller-therapeute agréé
- **Ontario** RP Registered Psychotherapist
- **Quebec** PP Psychotherapy Permit
- **Alberta** CT Counselling Therapist (In Progress)

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Innovation in Delivering Care

The opportunities for the advancement of e-mental health in Canada are enormous, as are the potential benefits for all Canadians. Some counsellors and psychotherapists offer e-mental health or virtual care across Canada meaning their services and support are available anywhere, at anytime, from a phone, laptop or other electronic device.

Access to Care

Counselling is the Most Prevalent but Least Likely Fulfilled Need of the 4 types of mental health care needs identified in the 2012 Canadian Community Health Survey. Counsellors and psychotherapists are in a position to assist in reversing this trend.

Wait Times for Mental Health Services are a Major Problem in Canada potentially causing negative consequences for those seeking help. Expanding services to include counsellors and psychotherapists results in greater access to much needed mental health care and in turn a reduction in wait times.

It is Critical to Utilize the Most Appropriately Trained Mental Health Professionals either as individual practitioners or as members of multi-disciplinary teams. The role of counsellors and psychotherapists is complementary to the work of other service providers. Including this resource in the continuum of care helps address the shortage, growing demand and increasing cost of mental health services.

Counsellors and Psychotherapists Provide One of the Most Cost-Effective Mental Health Services Available at a typical range of $70 - $150 per session.*

*Fee range is affected by region and clientele.

For more information, visit ccpa-accp.ca