



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



Name: Mia Omara

A little word about me and what I do: I have a Bachelor's degree in Political Science from Carleton University, and am currently completing my Master's degree in Counselling Psychology at Yorkville University. I am also currently working in Human Resources at a hospital in Toronto. In my spare time I volunteer with multiple organizations around the GTA offering an empathetic, non-judgmental ear to patient populations, which include youth, adults, and the elderly.

Un petit mot à mon sujet et ce que je fais :

What does CCPA mean to me? CCPA is a wonderful advocate in the promotion of our field to other healthcare professionals, as well as a key resource for members to network and connect with one another. I strongly believe in the importance of networking, professional development, and keeping up-to-date with any changes in federal and provincial laws that affect our practice as professionals within the field, such as regulation. Furthermore, CCPA provides resources allowing us to remain current on upcoming research, as it pertains to our practice as counselling professionals.

Favorite author or musical artist: My favourite author is George Orwell, hands down. However, as I continue to develop my preferred theoretical orientation, I have also been reading original works by a variety of theorists. Currently, I am tackling Viktor Frankl's *Man's Search for Meaning*.

Since this is a promotional tool for the individual as well as CCPA, interested members can provide their own bilingual version of this profile.

Étant donné que ceci est un outil promotionnel pour l'individu ainsi que pour l'ACCP, les membres intéressés peuvent fournir une copie bilingue de ce profil.