



Canadian Counselling and Psychotherapy Association Recognizes the National Day for Truth and Reconciliation

OTTAWA, ON (September 30, 2021) Today marks the first federal statutory holiday for the National Day for Truth and Reconciliation. The Canadian Counselling and Psychotherapy Association (CCPA) recognizes the importance of this day to recognize and commemorate the legacy of residential schools.

"As Canada installs the 80th Call to Action of the Truth and Reconciliation Report, I trust we will all pause to reflect and to locate ourselves within the work of Reconciliation," encourages Elder Elaine Berwald and CCPA Indigenous Circle Chapter member. "I would invite Canadians to understand that legislation and policy past and present are in direct conflict with healthy Nations and true reconciliation. On September 30th, I will honour the children of the residential school policy as well as the children of the 60's and millennial scoops, the ones that have called us together."

The genocide, cultural loss, and dislocation resulting from the residential and day school systems, along with other forms of colonial trauma manifested in intergenerational trauma, unresolved grief, loss of cultural identity, high rates of anxiety, depression, post-traumatic stress disorder, substance abuse, and suicide¹. These mental health impacts affect survivors, and through intergenerational trauma, this historical oppression and negative consequences are passed on to descendants and communities for generations to come. Reconciliation is a collective process of working toward healing from the destructive legacy of colonization, and must occur at all levels of society - from Government, to organizations and institutions, and to each individual².

"As we honour the National Day for Truth and Reconciliation for the first time, we hope that Canadians understand that the residential school system was one of many ways that colonization wreaked havoc in the lives of Indigenous peoples, and commit to learning more of the truth of our history and working together to decolonize our lives and relationships with one another, so we can move forward with reconciliation," says Elder and CCPA Indigenous Circle Chapter member Andrea Currie. Elder Andrea Currie graciously shares her perspective on the importance of National Day for Truth and Reconciliation in [this video](#).

The National Centre for Truth and Reconciliation, in collaboration with First Nations, Inuit and Métis communities, will broadcast a *National Day for Truth and Reconciliation* special nationally **Thursday, September 30 at 8 p.m. ET** on APTN, CBC, [CBC Gem](#), ICI TÉLÉ and [ICI TOU.TV](#)³.

If you or someone you know is looking for support, please go to www.ccpa-accp.ca/find-a-canadian-certified-counsellor/ where you can learn more about CCPA and search for a counsellor or psychotherapist in your region. You can search for an Indigenous practitioner (peoples, communities and contexts) under the *specialization area* field.

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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.

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¹ Truth and Reconciliation Commission of Canada (2015). Honouring the truth, reconciling for the future: Summary of the final report of the Truth and Reconciliation Commission of Canada. Winnipeg, MB: Truth and Reconciliation Commission of Canada.

² Truth and Reconciliation Commission of Canada (2015). What We Have Learned: Principles of Truth and Reconciliation. Winnipeg, MB: Truth and Reconciliation Commission of Canada.

³ <https://nctr.ca/new-prime-time-broadcast-special-to-mark-the-first-national-day-for-truth-and-reconciliation/>