



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

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



**Member: Dr. Inverpal Braich**

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Psychologist**

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**A little word about me and what I do:** I am a psychologist in both Alberta and Ontario. I was born in Toronto, ON but have moved across several cities and provinces in Canada. From a young age, I have been passionate about increasing the accessibility of mental health services and reducing mental health stigma. For over a decade, I have worked with numerous mental health organizations across North America and abroad in many diverse roles such as being a mental health practitioner, presenting at workshops and conferences, being on advisory committees, serving on Boards of Directors, and more.

**What does CCPA mean to me?** To me the CCPA is an organization that helps people in the counseling field connect and network with others in the field. This allows everyone to gain positive outcomes in the field. The CCPA also allows for several professional developmental opportunities, participation in conferences, publication opportunities, and a lot more that is beneficial to all counselors.



**My previous involvement with CCPA:** I previously served as the student representative and campus representative for the CCPA at two different post-secondary institutions. I also served as one of 10 members on the advisory committee that was responsible for the creation, pilot, and implementation of the CCPA's mentorship program.

**Favorite author or musical artist:** My favorite author is Dr. Bessel van der Kolk. I particularly enjoyed the insight I gained from his book "The Body Keeps Score."

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.*