

Canadian Counselling and Psychotherapy Association Annual Report 2021-2022

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President's Report 2021-2022

Dear fellow CCPA Members,

What a busy year it has been! Perhaps it is just me, but it seemed that December came very fast this year! It seemed it was just the start of classes and school, then it was Halloween, and now we can see festive light displays, hear carols over loudspeakers, and just like that, a new year is upon us.

As we prepare to forge ahead in the new year, we relish the opportunity to reflect on and review all that we have accomplished over this past year; none of which could have been done without our dedicated group of volunteers—from national Board members, to being involved at the chapter or committee level, assisting with our publications, awards, the conference, or other PD events—we rely on the passion and energies of our many volunteers! If you are one of this coveted group—thank you! If you have some time and wish to be involved with the many activities your association is involved in, please let us know! We are always looking for more to join us. You know the saying: "many hands make light work" is so true and I might add, it also makes our work fun and enjoyable, as we get to know others and feel more connect to this wonderful association. Don't know how to volunteer, reach out to us at: https://www.ccpa-accp.ca/ccpa-board-nominations/, we will happily welcome you to the fold!

We also couldn't possibly do all we are engaged in, if it were not for the dedication and commitment of our fantastic national office staff. We have grown so much over the past few years that we had to expand to 27 and each team runs full tilt trying to meet the ever-growing demand. If you have had to wait for a response to a query, know it was not that you were being ignored, simply that there were several others in the cue ahead of you, who were also looking for their needs to be met. Increased demand and growth made us realize our national office team had to grow as well. So you may receive communications from a new name, or meet with a new staff member, but our commitment to serving you quickly and efficiently remains the samewe are a member facing association. The growth and quality of our team is due in large part to the vision of our CEO, Dr. Kim Hollihan, who sees the talents and passions of others and paves the way for them to shine and thrive, making us one of the top employers in the Ottawa area. Many thanks to Kim and her team, we appreciate you and all you do for us as members—you are all incredible! If you want to connect with our team, you can find the pictures and email addresses for our team at: https://www.ccpa-accp.ca/team/ On that same link, you can also 'meet' your national board members and see a picture taken at one of our monthly virtual board meetings. Although not everyone was present, most were and there is a link to be able to send a message directly to the board member you wish to. I am also thrilled to introduce each Board member to you below. These folks work tirelessly to support the activities we are so proud to share with you in this report, so if you find a moment in your busy day, reaching out to a board member or a staff member to let them know your thoughts and/or appreciations, I know would be welcomed!

Here are your 2021-2022 Board of Directors:

President: Kathy Offet-Gartner President Elect: Carrie Foster Past President: Jen Rowett Indigenous Director: Melissa Jay British Columbia and Yukon: Siri Brown Alberta and Northwest Territories: Kevin Alderson Saskatchewan: Nicola Sherwin-Roller Manitoba and Nunavut: Lori Rudniski Ontario Anglophone: Rabeea Siddique Ontario Francophone: Cynthia Schoppmann Quebec Anglophone: Arash Kameli Quebec Francophone: Liette Goyer New Brunswick Anglophone: Kaitlyn Munn New Brunswick Francophone: Sylvie Arseneau Nova Scotia George Maringapasi Prince Edward Island: Corrine Hendricken-Eldershaw Newfoundland and Labrador: Janis Campbell

Our National Board of Directors, Committees, Chapters, and staff have continued to engage in activities that provide service to our members and the profession. Our Association continues to strengthen, grow, and function even more effectively to promote the mission and objectives of our Association as articulated in our Constitution. They provide us with an identity and mission in our professional lives.

Canadian Counselling and Psychotherapy Association Objectives

3.1 To provide national leadership for counselling and psychotherapy in Canada;

3.2 To provide a forum for ongoing information exchange and for critical discussion of counselling and psychotherapy issues in Canada;

3.3 To serve as a vehicle for advocacy, networking and promoting the profession of counselling and psychotherapy in Canada;

3.4 To provide opportunities for counsellors and psychotherapists to develop and share best practices, research, position papers and professional development;

3.5 To serve as a direct link with other professional counselling and psychotherapy associations provincially, nationally and internationally, thereby providing for the presentation and the achievement of mutually sought aims and objectives.

Listed below are some of the initiatives and highlights completed and undertaken during the last year. They provide a visible record and confirmation that we are constantly working to meet our objectives. They include work in Areas of Advocacy and Outreach, Professional Learning and Membership Services, National Standards, and the Certification Process, which are four key cornerstones in meeting our objectives.

Advocacy

- Published regular advocacy updates in member communiqués and the Advocacy Corner in the bi-weekly list-serv
- Created a new Federal Advocacy webpage outlining our main asks for the Federal Government including a summary on each issue
- Held a 2021 Fall Federal Election Letter-Writing Campaign to support CCPA's recommendations to the Federal Government
- Prepared submissions for the following:
 - House of Commons Standing Committee on Finance Pre-Budget Consultation
 - Federal Department of Finance Pre-Budget Consultation
 - House of Commons Standing Committee on Health's *Study on Children's Health*
- Continued collaborating on developing and implementing an advocacy strategy and materials related to the Non-Insured Health Benefits program for First Nations and Inuit (NHIB)
- Continued our advocacy efforts related to GST/HST exemption including briefings, meetings with Members of Parliament, departmental officials, key stakeholders, and media interviews
- Developed new resources for insurers, practitioners and employers to navigate the counselling/psychotherapy professions
- National Office and Private Practitioners Chapter co-hosted an insurance panel at our conference
- Continued to actively support pursuit of regulation:
- Assisted group responsible for the creation of the new regulatory College in PEI
- Worked with BC, SK, MB and NL to further their applications for regulation, and supported AB in their continued efforts
- Responded to numerous media requests CCPA was highlighted through print, online sources, radio interviews and new stories
- Published the COVID-19 IMPACTS: Family Therapists Survey in collaboration with the Vanier Institute of the Family and the Canadian Association of Marriage and Family Therapy and hosted a free public discussion panel with the researchers
- Member of the National Advisory Group for the Canadian Health Workforce Network and Mental Health Commission of Canada's study on *COVID-19*

Membership

- Welcomed our 10,000th member in October 2021
- Celebrated this milestone: with a scavenger hunt and giveaways; milestone video; and President's Fireside Chat
- Membership continues to grow...now at 11,000+ members
- Added over 1,000 new Student Members and developed a student engagement strategy

Certification

- Certification forms will be completed/submitted online
- Working on creating videos of each CCC requirement
- Worked on updating the CCC-S guide
- Certified over 527 members and offered approximately 22 members the CCC-Q designation

Member Services

- Held a member services audit to better understand the needs of members
 - o Identified ways to improve the member experience
 - o Developing a communications strategy to address issues identified
 - Revamping and enhancing our member benefit offerings
 - Started a review and redesign of our website in an effort to modernize and enhance user navigation
- Initiated a review of our Continuing Education Credit (CEC) program
 - Enhanced our Social Media platforms (LinkedIn, Twitter, Facebook, and Instagram)
 - increased engagement and had a 21% growth in our audience across platforms
- Hosted our second virtual conference and welcomed over 400 delegates across Canada and beyond
- Offered over 40 webinars and introduced new streams (Lunch and Learn, Workshops and Series) as well as a student discount
- Held 3 supervision workshops including one for our Northern members
- Published the 2021 Standards of Practice (SoP) with supporting materials (webinar and chart outlining the changes)
- Delivered a pre-conference session on the newly added Section I of the SoP: Working with Indigenous Peoples, Communities and Contexts
- Launched the development of a new Ethics Casebook following a call for proposals from interested Editors (expected in 2023)

As I hope you can see—as an association, we have been very busy—working tirelessly and with passion and commitment to best serve our members, our profession, and the public. As an

association, we are committed to continue pressing forward on matters that affect our members and increase access for quality mental health and wellness support for all Canadians. We will continue to press forward on each of these issues and the new ones that emerge—together we are stronger!

Personally, I am personally sending wishes for each of you to take time to recoup, to laugh, and to love. We work hard and need to care for ourselves as we would for others. It has been such a pleasure serving in the role of president and working alongside such gifted and talented people. Together we are stronger, together, we have achieved so much, together we will continue to grow and advocate for our members and access for the public!

With appreciation and gratitude!

Kathy Offet-Gartner, PhD, RPsych

President, CCPA

Chief Executive Officer Annual Report 2021-2022

National Office

CCPA National Office re-opened in April 2022 following a 2-year closure due to the pandemic. It was wonderful to return to working together on-site and reconnect with staff, some of whom had never before met in-person! Thanks to all team members for the smooth transition from fully remote to a hybrid work model and for your contributions to fostering a positive and productive workplace.

Resources were added to all National Office divisions to serve our growing membership and our expanded member services. New positions were introduced to support CCPA priorities and activities, including Partnerships Coordinator, Lead, Indigenous Initiatives, Event Specialist and Communications Assistant (co-op student).

On behalf of the National Office team I would like to extend our sincere appreciation to CCPA members, volunteers, President, Dr. Kathy Offet-Gartner and National Board of Directors, for your commitment, leadership and unwavering support.

Advocacy

Advocating for the profession of counselling and psychotherapy continued to be a priority and major activity for CCPA in 2021-22. Advocacy initiatives aimed at recognizing counsellors, counselling therapists and psychotherapists included submissions to federal standing committees, the creation of new resources, meetings with Members of Parliament, conference presentations, media engagements and stakeholder partnerships.

CCPA launched the inaugural **Counselling and Psychotherapy Month** in April to celebrate and raise the profile of counsellors, counselling therapists, and psychotherapists. Several promotional tools were developed to support the month including a press release, outreach toolkit, key messages document, infographics, thank a therapist cards and social media toolkit. Numerous free professional development events that were offered, simultaneously translated and recorded. Prizes and rebates on a variety of services and products for members were negotiated. A personal wellness challenge invited members to submit self-care shares. An international panel was hosted with representation from Counselling associations from 5 countries, as well as the International Association for Counselling (IAC). CCPA staff and Chapter and Board volunteers met with several Members of Parliament and decision makers to discuss CCPA's key advocacy messages during virtual *Hill Week*. As a direct result of *Hill Week* meetings, was invited and appeared before the House of Commons Standing Committee on Indigenous and Northern Initiatives (INAN).

Regulation

CCPA continues to actively support the regulation efforts of Federations of Associations of Counselling Therapists (FACTs) in provinces where they exist and supports the Partnership of Registered Psychotherapists Associations (PRPA) in Ontario.

Ontario, Quebec, Nova Scotia, New Brunswick, Prince Edward Island and Alberta are the six provinces in Canada in which legislation has been passed to regulate Counselling Therapy as of May 31, 2021. The legislation for the new College of Counselling Therapy of Alberta was passed in December 2018. Although the College is ready to open, a proclamation date has not been set.

PEI was proclaimed on August 1, 2021.

FACT-NL submitted its application to the NL Ministry of Health in April 2018 and has been in active discussions with the NL Ministry of Health over the last year. It is expected that an answer from the Minister of Health will be received before the end of 2022.

FACT-SK submitted its application in June 2018 and received a resounding no from the government. Since then rebuttal information has been provided to the government twice. FACT-SK mounted an advocacy campaign, contacting all MLAs in the

province. The Minister of Health reached out to FACT-SK to suggest that a third rebuttal document be presented. FACT-SK was rejected for a third time.

FACT-BC submitted a new application in December 2020 and again in the spring of 2021. Both times the Ministry of Health returned the application unread. The government is currently contemplating major changes to the Health Professions Act and is citing this as a reason that it will not proclaim the regulation of Counselling Therapy to be in the public interest. It is anticipated that the new legislation to amend the Health Act will be tabled in the legislature in the fall of 2022.

FACT-Manitoba submitted its application in May 2021. The Health Professions Advisory Council (HPAC) reviewed the application during the months of September-December 2021. FACT-Manitoba was asked questions during this period to clarify the application. From December 1, 2021 to February 28, 2022 a public consultation was held. Once the consultation closed, FACT-Manitoba was asked to review the forty submissions, analyze them and provide answers to the questions and concerns that were asked in the submissions. This material was submitted to HPAC by May 31, 2022. FACT-Manitoba is waiting to hear if public hearings will be held.

This means that all provinces are currently in some phase of seeking regulation

Partnerships

CCPA continued to be proactive in connecting with other like-minded groups both nationally and internationally to advocate for improved access to mental health care. Examples include active involvement and collaboration with the Canadian Alliance On Mental Illness and Mental Health (CAMIMH), Organizations for Health Action (HEAL) and the Mental Health Commission of Canada (MHCC).

Of special note this year, a continued partnership with the Vanier Institute of the Family and the Canadian Association for Marriage and Family Therapy to study the effects of the pandemic on family therapists and their clients. Thank you to those who participated in the surveys, analysis of data, preparation of report and the virtual panel that was held to present and discuss the results.

Membership

Membership continued to increase over the past year as detailed in the table below. As of May 31, 2022 CCPA had reached 11,159 active members with approximately 5,200 being certified. This represents an increase of 15.9% in membership. There is a decrease in newly certified members because in previous years members who had applied for, but not been granted, certification were counted.

Certification

This year, staff turnover created a lot of challenges for the certification team in terms of workload. Furthermore, the number of certification inquiries and applications increased dramatically, which put more stress on the department. In addition, a major storm hit Ottawa in the spring and the National Office was without power for a week which further contributed to the backlog. We spent a good part of the year finding new ways and procedures to make our work easier for us, but mostly for our members. Thank you to all involved in this important work including the Certification Department, the Registrars, the Certification Committee and all Staff involved.

CCPA Awards

A virtual awards ceremony was held in May 2022 to celebrate the recipients of CCPA's National and Chapter awards. Congratulations to all award winners for your outstanding achievements and contributions!

The recipients of the 2022 National level awards are as follows:

Sandra Dixon	Conference Travel Grant
Lorelei Dietz	CCPA/BMS Student Bursary
Gina Ko	CCPA Counselling Book Award
Chief Shelley Spear	Indigenous Practice Award
Sarah Panofsky	CCPA Masters Thesis Award
Vicky Prévost	CCPA Doctoral Dissertation Award
Gina Wong	CCPA Counselling Leadership Award

Chapters

Chapters hosted a variety of professional development and networking opportunities for their members this year such as webinars, half and full day trainings, circles of practice and sharing circles. Some offered bursaries to attend the national conference as well as student and practitioner awards. Chapters worked on various advocacy issues related to regulation, insurance coverage, inclusion in health benefits, and removing the HST/GST and promoted the profession through special events such as Canadian School Counselling Week and Canada Career Month.

National Office continued to host bi-monthly Zoom meetings with the Chapter Presidents share ideas, activities, and support one another's initiatives.

Conference

CCPA had planned to host a hybrid conference in 2022 with the in-person option taking place in Charlottetown, Prince Edward Island. With the significant rise in Covid cases at the end of 2021 and related uncertainty, we made the difficult decision to cancel the in-person portion of the conference and hold a fully virtual event. Conference staff did a tremendous job switching from hybrid to virtual and managing all the details that entailed. The conference brought together 415 delegates from 7 countries and consisted of 173 presentations, 3 keynotes, poster presentations, exhibitors, an awards ceremony, entertainment, gamification.

The event was an overwhelming success, based on financials, registration, and delegate feedback! Thank you to all who contributed to making it such a success: our Conference Coordinators, Karina Albert and Alene Holmes, Event Specialist Susan Dallin O'Grady, Elaine Berwald and Andrea Currie, Elders in Residence, presenters, exhibitors, sponsors, delegates, our many volunteers and staff.

In 2023 we will host our annual conference in Toronto, Ontario in October. I hope to see many of you there! In the meantime and as always, please don't hesitate to reach out to National Office. We are here to serve and support you.

Kim Hollihan, EdD Chief Executive Officer, CCPA

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	<u>20</u>	<u>)18</u>	20	<u>19</u>	20	20	<u>20</u>	<u>21</u>	<u>20</u>	22
<u>Province</u>	mbrs	<u>CCCs</u>	mbrs	CCCs	mbrs	CCCs	mbrs	CCCs	mbrs	CCCs
International	143	66	167	77	187	80	238	140	229	76
AB + NT	1054	574	1268	751	1345	906	1614	1065	1873	836
BC + YK	1523	945	1692	1092	1824	1233	2216	1387	2609	1233
MB + NU	291	167	333	207	370	242	421	299	513	269
NB franco	55	29	48	32	41	27	44	28	37	25
NB anglo	323	226	362	271	377	277	448	350	520	391
NL	203	132	252	178	271	201	312	257	339	221
NS	457	322	511	362	510	358	604	455	687	379
ON franco	64	43	69	53	54	41	51	40	41	39
ON anglo	1804	1017	1943	1098	2136	1177	2848	1307	3581	1287
PE	93	68	95	77	101	81	112	93	80	36
QC franco	57	33	49	38	44	30	43	35	36	25
QC anglo	251	109	299	132	319	153	407	187	299	127
<u>SK</u>	<u>207</u>	<u>103</u>	<u>232</u>	<u>131</u>	<u>233</u>	<u>142</u>	<u>271</u>	<u>172</u>	<u>315</u>	<u>132</u>
TOTAL	6525	3834*	7320	4499*	7812	4948*	9629	5815*	11159	5076
<u>Affiliates</u>										
PEICA-PCC	41	38	47	46	50	44	49	50	47	44
QCA	137	68	147	76	148	73	159	101	179	80

Membership Historical Summary

* Previous years included members who had applied for CCC but had not been granted it yet.

<u>Chapters</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>
Alberta / Northwest Territories	480	644	703	797	933
Animal Assisted Therapy in Counselling	144	174	196	211	286
British Columbia	630	685	750	901	1126
Career Counsellors	186	203	228	238	244
Counsellor Educators and Supervisors	155	195	198	231	270
Creative Arts in Counselling and Psychotherapy	241	295	334	380	468
Indigenous Circle	209	288	286	356	245
Manitoba	143	182	215	236	324
National Capital Region	243	293	298	310	335
Nova Scotia	256	294	304	344	375
Post-Secondary Counsellors	121	147	159	157	135
Private Practitioners	942	1064	1164	1321	1534
School Counsellors	381	403	465	512	573
Social Justice	183	208	238	284	332
Spirituality in Counselling	262	328	342	351	416
Technology and Innovative Solutions	147	148	142	141	129
TOTAL	4723	5551	6022	6769	7725

CCPA Membership count as of May 31, 2022: 11,159 active members

2021-2022 CCPA Board of Directors Executive Committee

President - Kathy Offet-Gartner	Past President - Jen Rowett
President Elect - Carrie Foster	Treasurer - George Maringapasi
Chief Executive Officer – (effective Octobre 2020) Kim Hollihan	

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Directors

British Columbia and Yukon Director - Siri Brown	Alberta and NWT Director - Kevin Alderson
Saskatchewan Director - Nicola Sherwin-Roller	Manitoba and Nunavut Director - Lori Rudniski
Ontario Anglophone Director - Rabeea Siddique	Ontario Francophone Director - Cynthia Schoppmann
Quebec Francophone Director - Liette Goyer	Quebec Anglophone Director - Arash Kameli

New Brunswick Francophone Director - Sylvie Arseneau	New Brunswick Anglophone Director - Kaitlyn Munn
Nova Scotia Director - George Maringapasi	Prince Edward Island Director - Corrine Hendricken-Eldershaw
Newfoundland and Labrador Director - Janis Campbell	Indigenous Director - Melissa Jay

Staff Members

Chief Executive Officer - Kim Hollihan		Chief Executive Officer Emerita - Barabara MacCallum
Manager, Communications and Partnerships - Karina Albert	CHAN	Manager, Finance and Operations - Tony Laderoute
Manager, Certification and Continuing Education - Andreea Andrei		Executive Assistant - Pascale Thériault
Director of Public Affairs - Monika Green		Certification Coordinator - Amber Grant
Certification Administrator - Pawel Szychowski		Certification Administrator - Jasleen Singh
CEC Coordinator - Judy Murphy		CEC Administrator - Alexi Giguere

CEC Administrator - Ethan Weston	CEC Registrar - Marisabelle Terriault-Elibani
Registrar - Nancy Cusack	Associate Registrar - Lee Murphy Nobbs
Associate Registrar - Madelaine Erazo	
Communications Coordinator - Kaylynn Craig	Partnerships Coordinator - Zoe Fraser
Lead, Indigenous Initiatives - Angela Grier	Events Specialist - Susan Dallin O'Grady
Membership Coordinator - Margot Mutombo	Membership Administrator - Danika Giguere

Membership Administrator - Amelia Nelson	Receptionist - Geneviève Barriere
Accounting Administrator - Kubra Vurgun	Accounting Administrator - Tatiana Eremina
Canadian Journal of Counselling and Psychotherapy (CJCP) Editor - José F. Domene, PhD, RPsych	

Board Committees

Committees	Chairs
Executive	Dr. Kathy Offet-Gartner
Governance	Dr, Jen Rowett
Risk Management	Carrie Foster
Quality Assurance and Sustainability	Cynthia Schoppmann
Appeals	Dr. Kathy Offet-Gartner
Ethics (Complaints)	Dr. Michael Sorsdahl
Ethics Queries	Dr. Cristelle Audet
Certification	Dr. Jeff Landine
Awards	Lori Rudniski
Accreditation (CACEP)	Dr. Bill Borgen and/et Dr. Sharon Robertson
Senate	John Driscoll
Indigenous CEC Panel	Dr. Melissa Jay

CCPA Chapters

Chapters	Presidents
Alberta /NWT	Nicholas Renaud
Animal Assisted Therapy	Eileen Bona
British Columbia	Richard Tatomir
Career Counselling	Priscilla Jabouin
Counsellor Educators and Supervisors	Gillian Smith
Creative Arts in Counselling and Psychotherapy	Lorelei Dietz
Indigenous Circle	Carla Pauls
Manitoba Chapter	Amber Dittberner
National Capital Region	Leslie Walker
Nova Scotia	Jean Blackler
Post-Secondary	Sheldon Hill
Private Practitioners	Paul Yeung
School Counsellors	Dr. Janice Graham-Migel
Social Justice	Amy Rubin, Derek Smith
Spirituality in Counselling	Lorraine Smith-MacDonald
Technology and Innovative Solutions Chapter	Monica Verbosky

Official CCPA Partners

Affiliated Association

- Quebec Counselling Association (QCA)
- PEI Counselling Association, Psychotherapist Counselling Chapter (PEICA-PC)

Reciprocal Associate Organizations

- Adult Education Counsellors Association of Alberta (AECAA)
- American Counseling Association (ACA)
- American Mental Health Counselors Association (AMHCA)
- American School Counsellor's Association (ASCA)
- Association des conseillères et conseillers en orientation franco-ontariens (ACOFO)
- Association of Newfoundland Psychologists (ANP)
- Association québécoise d'information scolaire et professionnelle (AQISEP)
- ATA Guidance Council
- Australian Counselling Association (ACA)
- Australian Guidance and Counselling Association (AGCA)
- British Association for Counselling and Psychotherapy (BACP)
- British Columbia Association of Clinical Counsellors (BCACC)
- British Columbia Career Development Association (BCCDA)
- British Columbia School Counsellor's Association (BCSCA)
- Canadian Association for Sandplay Therapy (CAST)
- Canadian Association for Suicide Prevention (CASP)
- Canadian Career Consortium (CCC)
- Career Practitioners Association of New Zealand (CPANZ)
- Counselling and Psychotherapy in Scotland (COSCA)
- Guidance Council of the Alberta Teacher's Association
- International Association for Counselling (IAC) / Association internationale de counseling
- Iranian Counseling Association (IAC)
- Irish Association for Counselling and Psychotherapy (IACP)
- Manitoba School Counsellor's Association (MSCA)
- New Brunswick Association of Counselling Therapists (NBACT)
- New Zealand Association of Counsellors (NZAC)
- Newfoundland and Labrador Counsellor's and Psychologist's Association (NLCPA)
- Nova Scotia College of Counselling Therapists (NSCCT)
- Nova Scotia School Counsellors Association (NSSCA)
- Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists (OACCPP)
- Ontario Native Education Counselling Association (ONECA)
- Ontario School Counsellors' Association (OSCA)
- Ordre des conseillers et conseillères d'orientation et des psychoéducateurs et psychoéducatrices du Québec (OCOPQ)
- Ordres des psychoéducateurs et des psychoéducatrices du Québec (OPP)
- PEI Counselling Association (PEICA)
- Psychotherapy and Counselling Federation of Australia (PACFA)
- Saskatchewan School Counsellors Association (SSCA)

Others

• Canadian Career Development Foundation (CCDF)