



PRIVATE PRACTICE CHAPTER | MEMBER NEWSLETTER

From CCPA Communications | Communications de l'ACCP <communications@ccpa-accp.ca>

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To Linda Storm <linda@my-therapist.ca>



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February 2026

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February 2026 Edition

A NARRATIVE EXPLORATION:
THE FRAMEWORKS OF LOVE

Triangular Theory Attachment Theory Color Wheel Theory Self-Expansion Model

Which framework speaks to you?

THE PULSE MEETING

Connect & Reflect

February

Earn 1 CE Credit

Register at: MyTherapist.as.nw/Pulse

Halifax 2026

See you at the conference!

FROM THE BOARD OF DIRECTORS

We are pleased to share our February update with members of the Private Practice Chapter. Registration is now open for the February Pulse meeting. Participation in this session qualifies

members for one Continuing Education credit. We look forward to gathering with you.

FEBRUARY FEATURE

A Narrative Exploration: The Frameworks of Love

February invites reflection on love, connection, and meaning. In clinical work, love is rarely abstract. It appears as lived experience, relational pattern, longing, rupture, repair, and growth. This month, we invite members into a narrative reflection on how love is understood, externalized, and explored in therapeutic practice.

We highlight four theoretical frameworks that frequently inform conversations about love and connection:

- The Triangular Theory of Love, which conceptualizes relationships through intimacy, passion, and commitment.
- Attachment Theory, which traces how early experiences of safety and responsiveness shape relational expectations across the lifespan.
- The Color Wheel Theory of Love, which explores diverse styles and expressions of loving.
- The Self-Expansion Model, which views love as a process of growth through the inclusion of the other into one's sense of self.

We invite you to notice which framework feels most generative in your current clinical work. Which lens opens space for curiosity, compassion, or possibility with your clients?

PRACTITIONER REFLECTIONS

Inspired by narrative therapy and the work of Michael White, we offer the following reflective questions as an invitation rather than an obligation. These prompts are intended to externalize professional pressures and reconnect clinicians with their preferred ways of practicing.

If your passion for psychotherapy had a voice, what would it say it appreciates most about how you sit with clients?

Think of a moment this past month when you felt most aligned with your professional values. What does that moment reveal about what you love doing in the therapy room?

How does professional burden attempt to shrink your love for this work, and how do you actively resist its influence?

If your clients were to write a story about the spirit of care you bring to sessions, what might the title be?

THE PULSE MEETING

Our monthly Pulse meetings are designed to reduce isolation in private practice and strengthen professional connection. These gatherings create space for shared reflection, collegial support, and collective learning.

Registration:

If you are not already registered, members may register for the February Pulse meeting at

<https://MyTherapist.as.me/Pulse>

Continuing Education:

Participation in this meeting provides one Continuing Education credit.

Our Purpose:

We gather to support the preferred professional identities of our members and to strengthen ethical, relational private practice across Canada.

LOOKING AHEAD

Halifax 2026

The Board of Directors looks forward to connecting with members in person at the Halifax conference later this year. We anticipate a meaningful opportunity for shared learning, reflection, and community in the Maritimes, and we look forward to hearing the evolving stories of your practices.

With appreciation,
Private Practice Chapter
Board of Directors

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