

NOVEMBER NEWSLETTER



What's the Difference? Navigating the Differences Between the Title



When choosing a mental health professional there are a lot of different things they can be called. But how do you know what they mean? And how do you choose?

I have compiled some of the most common titles that I see and that can be confusing to help you navigate what type of professional you want to hire as your therapist.

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Counsellor

This is the most common title for talk therapy services. It is an umbrella term that refers to anyone in the field who fills the therapeutic role. The term is 'unprotected' meaning anyone can use it, even you.

What's important are the letters that come behind the person's name. When looking for a mental health counsellor one set of letters to look for is CCC. This stands for Canadian Certified Counsellor.

The CCC means that that professional is a member of the Canadian Counsellors and Psychotherapist Association (CCPA). To earn this designation the counsellor would have to;

- Hold a graduate degree from an approved university in counselling or a related field (ie, social work, education, psychology, etc.)
- Applied with 2 references from graduate level counsellors, supervisors or counselling educators who can speak to applicants counselling competencies
- Have professional liability insurance
- Pay a yearly membership fee
- And have a criminal record check with no previous criminal offences

CCC's must meet a number of required CE's (continuing education) credits each year to maintain their certification.

To learn more about the CCPA search the website below
<https://www.ccpa-accp.ca/about-us/>

Psychotherapist [RP or RP(Q)]

Psychotherapist is a legally protected title. Meaning that the therapist is registered and regulated by the Canadian Registered Psychotherapist of Ontario (CRPO). The CRPO is currently the strictest and considered the highest regulating body for therapists in Canada. To become a psychotherapist you must;



- Have a minimum of 500 direct counselling hours (1 therapy session = 1 hour)
- Have a minimum of 100 hours of clinical supervision from an approved CRPO clinical supervisor
- Complete and pass a Professional Practice and Jurisprudence learning module
- Pass the CRPO licensing exam
- Have a criminal record check with no previous criminal offences
- Hold a graduate degree in counselling or related field from an approved university
- Have professional liability insurance
- And pay a yearly membership fee

As you can imagine this process can be lengthy and typically takes between 1-2 years to become fully licensed. When you see the letters RP(Q), this means your therapist is in the process of becoming certified and is under direct supervision from a primary supervisor.

Supervisors are highly experienced therapists who use their expertises to guide upcoming therapist to be competent and ethical professionals. To be a CRPO supervisor you must have minimum of 5 years clinical experience, completed 1000 direct counselling hours, 150 hours of supervision and 30 hours of direct learning about becoming a supervisor.

To maintain the psychotherapy certification therapists must continue ongoing supervision throughout their careers and continue training in therapeutic techniques.

To learn more about the CRPO and becoming a psychotherapist you can go to the CRPO website listed below.
<https://www.crpo.ca/>

Registered Social Worker (RSW)

Like psychotherapist, social worker is a legally protected title. Meaning that only individuals who have undergone social work training can call themselves social workers. Social work is a broad professional field that covers a variety disciplines such advocacy work, community capacity building, and counselling. Social work *is a regulated profession across Canada* and to become a registered social worker you must;

- Hold a minimum of a bachelor's degree in social work
- Submit a criminal record check and vulnerable sector check (*it is important to note that according to the Canadian Association of Social Workers (CASW) you can have a criminal record and become a registered social worker, however guidelines may differ per province*)
- Pass the Association of Social Work Board (ASWB) exam
- Pay a yearly membership fee

For more information about registered social workers in Newfoundland please visit the website below
<https://nlcsw.ca/>

If you would like to learn more about the Canadian Association of Social Workers please search the website below
<https://www.casw-acts.ca/en>



Naturopath / Naturopath (ND)

This designation is excellent for insurance purposes! Often times a client's insurance will only cover so much therapy, but insurance companies also tend to offer some coverage for natural health. Meaning with an ND certification your therapist would be covered under the natural health that category as well. This allows you to benefit from getting the most out of your coverage.

This designation means your therapist has specialized in alternative forms of medicine or healing that do not use prescription medications. To become a naturopath or naturopath you must apply through the Academy of Naturopaths and Naturopaths of Canada (ANNC). Your ND must have completed;

- A minimum of 400 hours of training in alternative medicine
- Proof of professional liability insurance
- And must not have been found guilty or in the process of being prosecuted of a criminal offense in Canada or in another country

It is important to note that naturopathy and naturotherapy is an unregulated profession in select provinces. If you are seeing a naturopathic doctor they would use the same professional abbreviation but have a very different level of training. When hiring someone using this abbreviation, ND (particularly when this is their only professional abbreviation) ask them about their professional scope, skills and education to ensure you will receive the quality of care you are looking for.

To learn more about the ANNC please explore the ANNC website.
<https://www.acnn.ca/en/home/>



Regulated Versus Unregulated Provinces

Above I mentioned the words regulated and unregulated with regards to the counselling/therapy professions. This means that not every province in Canada has a professional body to oversee professionals.

Essentially, **in unregulated provinces anyone can call themselves a therapist or counsellor because there is no regulatory body to protect the title.** In these provinces it is not a requirement to be a member of any regulatory body.

This is why the letters behind your therapists name are so important. They indicate what college or organization they are being regulated by and what standards they have agreed to uphold as a professional.

Here are a list of regulated and unregulated provinces across Canada for the counselling profession.

Regulated Provinces	Unregulated Provinces
Ontario	Newfoundland and Labrador
Quebec	Manitoba
New Brunswick	Saskatchewan
Nova Scotia	British Columbia (BC)
Prince Edward Island (PEI)	Yukon
** Alberta - legislation for a regulatory body has passed, but a regulatory college has not yet opened	North West Territories
	Nunavut

If you would like to learn more about Newfoundland and Labrador's pursuit of regulation for mental health counsellors and therapists please go to the website listed below.

<http://www.fact-nl.org>

If you have read to the end, I hope you found this article helpful and informative! If you have any questions you can contact me directly at osmiththerapy@gmail.com, or connect with your provinces regulatory board (if you have one).

If your province does not have a regulatory board you can also connect the CCPA or ANNC.

Did You Know?

Olivia, the therapist at Align Chiropractic and Wellness, is registered with the CRPO, CCPA and the ANNC. Meaning she is a psychotherapist, counsellor and natrotherapist!

She has completed all of the requirements to become a fully registered psychotherapist this month! Way To Go!



Wellness Word Search

C	R	C	J	R	B	G	M	L	R	R	J	N	C	R
Y	A	B	B	D	E	F	E	S	P	P	H	V	C	Q
P	N	O	K	T	P	S	E	M	A	N	T	O	Y	V
S	X	U	I	H	M	C	I	E	O	B	R	O	A	P
Y	I	N	N	T	E	O	M	L	L	T	W	B	B	X
C	E	D	C	F	N	U	N	U	I	I	I	U	T	I
H	T	A	D	S	T	N	E	D	D	E	N	O	E	U
O	Y	R	B	P	A	S	N	W	J	T	N	G	N	D
T	E	I	R	S	L	E	D	L	Z	X	U	T	S	S
H	M	E	A	Z	H	L	W	E	L	L	N	E	S	S
E	D	S	I	H	E	L	V	Y	P	A	P	Z	Y	I
R	R	Y	N	N	A	I	D	I	T	Y	A	O	S	U
A	U	E	O	C	L	N	I	C	T	R	A	U	M	A
P	Q	N	S	N	T	G	T	X	P	J	Q	R	W	A
Y	J	A	P	Y	H	D	Z	B	P	G	K	D	S	R

Psychotherapy

Mental Health

Boundaries

CBT

Resilient

Wellness

Emotions

Anxiety

Trauma

Feelings

Brain

Counselling

EMDR

Updates, This & That

Reminder

A reminder to all clients to change your outdoor shoes to our indoor sandals which can be found in the clinic waiting area. We ask that all clients do this to help reduce the amount of road salt stains and water marks appear on our clinic flooring during the winter months. Thank you for helping us keep our workspace clean!

Clinic Closure.

The clinic will be closed on November 11th to observe remembrance day.

We are pet friendly!

For anyone who doesn't already know Align Chiropractic and Wellness is pet friendly and we love meeting them. So if you are in a pinch or just feel bad leaving them at home bring your 4 legged friend in for your appointment. (Just be aware Adrienne will most likely ask for a picture to put on our Instagram story).



Staff Shout Out

Congratulations to our therapist Olivia who has completed her CRPO hours and has earned her designation as a registered psychotherapist! She has been diligently working on this designation since her clinical partium in graduate school. Way to Go!

Shivohn will be taking part in a 50km ultramarathon on November 15th. The Align Wellness team thinks she's crazy, but we will be cheering her on. Way to go Shivohn!

Did You Know?

Studies show that about 40% of your happiness is within your control through your actions and choices, such as cultivating a positive outlook, exercising, building relationships and engaging in activities you find meaningful.