

Date:

Insurance Company:

Re: Counsellor Name:
Client Name:
Plan Number:
Client ID:

To Whom It May Concern:

I am writing to request the addition of the Canadian Certified Counsellor (CCC) designation of the Canadian Counselling and Psychotherapy Association to the above insurance plan.

The Canadian Counselling and Psychotherapy Association (CCPA) is a non-statutory self-regulated national association with approximately 7,400 members. Because statutory regulation of the counselling profession varies in Canada, CCPA has created, and regulates, a high standard of counselling professionalism through its established Code of Ethics, Standards of Practice, Ethics Complaints Procedures, and a Continuing Education system.

Founded in 1965, CCPA oversees a nationally recognized certification process for professional counsellors, indicated by the CCC designation, that has been in existence since 1986. As with all regulatory bodies, our certification criteria have evolved over the years with societal, legal, ethical, and practice-based advances. Among other requirements, certification through CCPA requires a minimum of Master's level preparation combined with evidence of an extensive supervised field practicum.

The scope of practice for CCC counsellors overlaps that of psychologists, social workers and other mental health professionals recognized by insurance providers. CCCs have specialized training in clinical counselling and are highly qualified mental health professionals who deliver excellent and cost-effective services. In a growing number of provinces and Manitoba insurance companies, CCC designated counsellors and psychotherapists are now being included in health benefit plans. Given the shortage of mental health services in Canada, and more specifically Manitoba, it would be beneficial to support clients in accessing mental health services which includes professionally recognized counsellors and psychotherapists.

Please find attached an infographic highlighting the state of mental health in Manitoba and how counsellors and psychotherapists can help. I encourage you to review the material in this letter and the infographic and reconsider the provisions you have for professionals providing mental health services. To verify counsellor certification with CCPA go to <https://www.ccpa-accp.ca/find-a-canadian-certified-counsellor/>

Please feel free to contact me if you have any questions.

Sincerely,