



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

**Canadian Counselling and Psychotherapy Association  
Annual Report 2022-2023**

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## President's Report

Dear fellow CCPA Members,

Where has the time gone? Seasons have come and gone; celebrations, festivities, heartaches, and upheavals have all occurred in the past year, as we each move about our days. Time truly does not stand still or even slow. So, we celebrate that we are at the end of our year, with lots to reflect on, and even more to celebrate!

Within the following pages, you will read about the many accomplishments and highlights we have had over the year. Our association continues to grow and expand. Our Advocacy efforts are making headway, and we hope to hear some incredibly good news on several fronts in the coming months. GST/HST collection might be a thing of the past in the year to come. A win for the profession, the professionals, and for those who use our services. We have a dedicated advocacy group and the writing campaigns that we ask for you to engage with are proving to be effective—please keep clicking those surveys, asking questions of your MP's, and discussing these issues so we keep the ideas we are advocating for in the forefront of decision maker's minds.

We will have our first in-person conference in several years, a welcomed opportunity to gather, learn and share together. We continue to focus on excellent professional development activities to enhance practice, and to support the well-being of ourselves and our colleagues. We know the focus on well-being and enhanced education activities are vital to our practices and to our ability to maintain our own stamina. If you have suggestions or ideas for training that we are not currently offering, please do not hesitate to contact National Office at [events@ccpa-accp.ca](mailto:events@ccpa-accp.ca). We are always looking for added content and presenters, especially those that members recommend and request.

We continue to build and enhance our focus on Supervision and will be introducing a new name, logo, and pathway to obtain Canadian Certified Supervisor (CCS) designation. What an exciting opportunity this is to enhance supervision opportunities, growth, maintaining the high importance we place on providing quality, ethical, supervision for our growing profession. Many thanks to all those who have worked so diligently to ensure that this program continues to grow and prosper and to all those who have embraced the discipline—we are leaders in our field as a result!

There are many, many more accomplishments to celebrate—all of which you can read about in the ensuing report, so I will not spoil the discoveries. However, I cannot close without thanking all the volunteers—there are many—who help our association achieve its mandate and goals, from fun stuff to some of the more difficult tasks, there is always a volunteer involved. No job is too big or too small to not welcome a new voice and helping hand! If you are interested in getting more involved with the association, please do not hesitate to reach out to your regional director (click here to find your regional director <https://www.ccpa-accp.ca/board-of-directors/>), your Chapter President, (click here to find your Chapter <https://www.ccpa-accp.ca/chapters/>) or to National Office by completing the Contact a Staff Member form found at: <https://www.ccpa-accp.ca/team/#NationalOffice>. Any will happily discuss options and opportunities available—we are a volunteer run association and could not exist without such dedication! Many thanks in advance!

In terms of volunteer positions, mid-way through this year, we also elected a whole new Board of Directors, who have assumed their duties and responsibilities, working on your behalf (current Board of Directors can be found here <https://www.ccpa-accp.ca/board-of-directors/>).

This means we have also had to say adieu to those Directors who completed their terms of office and have assisted in the smooth transition to the new Board of Directors. Special thanks and shout outs of sincere gratitude and appreciation go to our outgoing Board members: Jenny Rowett (Past President), Siri Brown (BC/Yukon), Nicola Sherwin-Roller (Saskatchewan), Lori Rudniski (Manitoba/Nunavut), Rabeea Siddique (Ontario Anglophone), Cynthia Schoppmann (Ontario Francophone), Arash Kameli (Quebec Anglophone), Liette Goyer (Quebec Francophone), Sylvie Arseneau (New Brunswick Francophone) and Melissa Jay (Indigenous Director). We could not have achieved all we did without your time, energy, and dedication—thank you on behalf of all the members, National Office staff, and the public who have benefitted from the association's collective efforts and achievements. I will of course, be moving from President to the role of Past President, and pass the baton to Carrie Foster, your 2023-2025 President. Being on the Board of Directors is a huge honour—one I have enjoyed throughout all nine years of involvement. I highly recommend the experience to all! And exciting changes are coming that will mean a whole new experience for Directors—stay tuned for information on this and other exciting news as the coming months roll out.

Lastly, and certainly not least, we also could not 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 need to adapt to meet members' needs. Typically, the National Office is very responsive. However, if you have had to wait for a response to a query, know that you were not being ignored, simply that there were several others in the cue and the staff member is working hard to attend to each inquiry with careful attention. Increased demand and growth mean there will be some delays, growing pains are always a sign of a healthy organization. Rest assured our commitment to serving you quickly and efficiently remains the same—we 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 contact information for them at <https://www.ccpa-accp.ca/team/#NationalOffice>.

With that, I wish you all a prosperous year ahead, filled with good health, solid relationships, and a balanced and replenished life and practice.

With humble gratitude and appreciation, I sign off as your President and welcome your incoming one, Carrie.



Kathy Offet-Gartner, PhD, RPsych

President, CCPA

## Chief Executive Officer Report

As a national and bilingual organization dedicated to the enhancement of the counselling/psychotherapy profession in Canada, CCPA has the following objectives:

- To provide national leadership for counselling and psychotherapy in Canada;
- To provide a forum for ongoing information exchange and for critical discussion of counselling and psychotherapy issues in Canada;
- To serve as a vehicle for advocacy, networking and promoting the profession of counselling and psychotherapy in Canada;
- To provide opportunities for counsellors and psychotherapists to develop and share best practices, research, position papers and professional development;
- 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.

I would like to extend a heartfelt thanks to all who have contributed to the Association's efforts and accomplishments over the past year: staff, chapters, committees, volunteers, affiliates, and partners. My sincere appreciation to our over 13,000 members for choosing CCPA as your professional home. We look forward to continuing to serve you in the coming year and welcome your feedback and involvement. Much gratitude to our President, Dr Kathy Offet-Gartner and National Board of Directors for your dedication, stewardship and support.

It is a pleasure and privilege to be part of our incredible National Office Team. Their clear commitment to our membership and to the profession drives our work everyday. We continue to grow and diversify, enhancing and expanding our array of programs and services. A special note of thanks to Barbara MacCallum, CEO Emerita for 15+ years of exemplary service and best wishes on your retirement!

### Advocacy & Communications

We held the second Counselling and Psychotherapy Month in April to celebrate and support counsellors, counselling therapists, and psychotherapists. The 2023 theme was Self-Care is Mental Health Care. We offered 12 free events, the majority of which were simultaneously interpreted and recorded - over 2,800 people registered! Key messages, resources, and gratitude cards were developed. Prizes and rebates on a variety of services and products were offered to members. Thanks to all for joining the celebrations, including Yellow Day!

During Mental Illness Awareness Week 2022 (MIAW), we participated in a federal Hill Day organized by the Canadian Alliance on Mental Illness and Mental Health and met with a variety of MPs from all parties to discuss the need for increased funding from the federal government for mental health care in Canada.

In September 2022, CCPA and multiple other supporting organizations launched the [Tax Free Therapy](#) campaign. With the support of MP Lindsay Mathysen, we called on the government to remove the HST/GST requirements for counselling therapists and psychotherapists in Canada. A press conference was held on Parliament Hill, followed by an extensive communications and awareness campaign where we met with Members of Parliament, sent out a petition which gathered over 14 thousand signatures. The government's pre-budget submission resulted in inclusion of our tax-free therapy recommendation in the pre-budget report of the House of Commons Standing Committee on Finance.

On October 25<sup>th</sup>, 2022, CCPA also launched the ["Non-Insured Health Benefits \(NIHB\)" campaign](#) led by our Lead, Indigenous Initiatives, Angela Grier (Piikani/Blackfoot). The campaign's main initiative is to bring awareness about the lack of mental health coverage under the Non-Insured Health Benefits program and seeks to re-instate CCCs within the Non-Insured Health Benefits program as mental health providers, who were delisted in 2015. This resulted in Angela's appearance before the House of Commons Standing Committee on Indigenous and Northern Affairs and a presentation at the Inaugural National Indigenous Wellness Summit co-hosted by the Ministers of Indigenous Services and Mental Health and Addictions. Angela participated in interviews and contributed to articles written about our initiatives. The Non-Insured Health Benefits (NIHB) Campaign is still active and remains a crucial initiative for CCPA as we continue to advocate, educate, and strive for change.

In other advocacy news, quarterly video advocacy updates were sent out to inform members of current affairs. We provided recommendations to Veterans Affairs Canada regarding their fee schedule for counsellors/counselling therapists/psychotherapists. We worked on a Benefits Consultant Outreach Strategy which included creating a new Insurance resources webpage aimed at employers and insurers and an outreach strategy to educate benefits consultants on the importance of including our profession in base mental health insurance plans. We attended, presented, and hosted exhibits at the Canadian Life and Health Insurance Association national conference to educate insurers on our profession and advocate for inclusion in benefits coverage. We also started the Immigrant and Refugee Mental Health Project including (future release of) the Interim Federal Health Program Issue Paper, a member survey to assess needs in this area, and exploration of external partnerships aimed at providing educational opportunities for members.

From a communications perspective, we updated our advertising program and options. We enhanced our social media activity (news, events, advocacy

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updates). We reduced frequency of member communiqués and newsletters as per member feedback. We sought member input on the website (survey, focus groups) and initiated a content revamp and redesign. We recognized many special days/weeks/months such as National Indigenous Peoples Day, Canadian School Counselling Week and Canada Career Month. Our official bilingual publication, COGNICA, has been made available publicly without any subscription. The number of editions has been reduced to twice a year based on member feedback and to have more robust content each time.

## Regulation

We continued to actively support provinces working toward regulation.

Ontario, Quebec, Nova Scotia, New Brunswick, and Prince Edward Island are the five provinces in Canada which regulate the Counselling Therapy and Psychotherapy profession as of May 31, 2023. Although legislation for the new College of Counselling Therapy of Alberta was passed in December 2018, a proclamation date has not yet been set.

## Partnerships & Professional Development Events

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). We continue to partner with our two affiliate associations, the Quebec Counselling Association and the PEI Counselling Association.

We entered a new partnership with the BC Association of Clinical Counsellors (BCACC) focused on regulation and joint advocacy.

From a professional development perspective, we initiated the Wellness Series - a low-cost or free webinar series focusing on topics related to self-care and personal wellness with 8 topics presented to date. BIPOC panels and recordings were organized by the Anti-Racism Advisory Group. We also delivered clinical supervision workshops and sponsored an offering of master's course in clinical supervision at the University of Lethbridge.

Between May 2022 and May 2023, a total of 83 events were hosted & facilitated by CCPA. We hosted 31 regular professional development events including 13 Lunch & Learns, 10 Half-Day Workshops, 2 Full-Day Workshops and 6 multi part series.

Following a renewed partnership with the International Association for Counselling, we provided part-time staff support to:

- create a regional database on counselling associations worldwide.
- create a database on journal authors in the counselling field.
- help organize an international associations roundtable in Toronto.

## Membership

Membership continued to increase over the past year as detailed in the table below. As of May 31, 2023, CCPA had reached 13,157 active members with approximately 5,100 being certified. This represents an increase of 15.6% in membership. There was a minor increase in certified members.

## Certification

National Office launched a new CCC logo and directory and certified 761 new members. The CCC-Q designation was offered to 32 new members. The Board approved the Supervision Certification project for a new pathway for those qualified to become certified clinical supervisors who do not need to get the CCC designation. This entry for professional members who hold a regulatory title expands the scope and capacity of supervision certification. The previously known designation CCC-S will now be CCS, Canadian Clinical Supervisor designation. We want to thank everyone involved and highlight the importance of making it easier for our members.

## CCPA Awards

A virtual awards ceremony will be held in November 2023 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 2023 National level awards are as follows:

Teesha Morgan	CCPA Counselling Resources and Training Materials Award
Tanzi Hoover	CCPA Practice-Based Counselling and Psychotherapy Research Award
Alex Vanderveen	Conference Student Travel Grant
Valérie Deveaux	Conference Student Travel Grant
Valérie Deveaux	Student Representative Award
Juliana Weins	Conference Travel Grant
Alysha Chan Kent	Conference Travel Grant
Vanessa Kmiech	Conference Travel Grant
Blythe Shepard	Lorne Flavelle Award

Jen Rowett	CCPA Honorary Life Membership
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### Chapters

We facilitated 28 events with our Chapters and Affiliates including 8 Peer Group meetings, 20 Chapter and Affiliate Events. We also offered 12 other events including the Wellness series, in-person events, and general meetings.

We also enhanced the public event webpage on our website to offer other types of events to our members.

### Conference

CCPA's 2023 Annual Conference will be held at the Intercontinental Toronto Centre Hotel from October 19 to October 21, 2023. The theme is "Unpacking for Equity's Sake." An option to join via live broadcast and to purchase session recordings is available.



Kim Hollihan, EdD  
Chief Executive Officer, CCPA

### Membership Historical Summary

	<u>2019</u>		<u>2020</u>		<u>2021</u>		<u>2022</u>		<u>2023</u>	
<u>Province</u>	<u>mbrs</u>	<u>CCCs</u>	<u>mbrs</u>	<u>CCCs</u>	<u>mbrs</u>	<u>CCCs</u>	<u>mbrs</u>	<u>CCCs</u>	<u>mbrs</u>	<u>CCCs</u>
International	167	77	187	80	238	140	229	76	266	95
AB + NT	1268	751	1345	906	1614	1065	1873	836	2159	971
BC + YK	1692	1092	1824	1233	2216	1387	2609	1233	2776	1321
MB + NU	333	207	370	242	421	299	513	269	609	331
NB franco	48	32	41	27	44	28	37	25	30	20
NB anglo	362	271	377	277	448	350	520	391	556	358
NL	252	178	271	201	312	257	339	221	362	245
NS	511	362	510	358	604	455	687	379	771	415
ON franco	69	53	54	41	51	40	41	39	39	37
ON anglo	1943	1098	2136	1177	2848	1307	3581	1287	4491	995
PE	95	77	101	81	112	93	80	36	98	45
QC franco	49	38	44	30	43	35	36	25	27	19
QC anglo	299	132	319	153	407	187	299	127	376	111
<u>SK</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>	<u>376</u>	<u>143</u>
<b>TOTAL</b>	<b>7320</b>	<b>4499*</b>	<b>7812</b>	<b>4948*</b>	<b>9629</b>	<b>5815*</b>	<b>11159</b>	<b>5076</b>	<b>12936</b>	<b>5106</b>
<b>Affiliates</b>										
PEICA-PCC	47	46	50	44	49	50	47	44	45	38
QCA	147	76	148	73	159	101	179	80	176	89






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

<u>Chapters</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>
Alberta / Northwest Territories	644	703	797	933	1098
Animal Assisted Therapy in Counselling	174	196	211	286	334
British Columbia	685	750	901	1126	1198
Career Counsellors	203	228	238	244	283
Climate-Informed Counsellors	0	0	0	0	106
Counsellor Educators and Supervisors	195	198	231	270	333
Creative Arts in Counselling and Psychotherapy	295	334	380	468	548
Indigenous Circle	288	286	356	245	507
Manitoba	182	215	236	324	373
National Capital Region	293	298	310	335	365
Nova Scotia	294	304	344	375	485
Post-Secondary Counsellors	147	159	157	135	152
Private Practitioners	1064	1164	1321	1534	1844
School Counsellors	403	465	512	573	645
Social Justice	208	238	284	332	380
Spirituality in Counselling	328	342	351	416	599
Technology and Innovative Solutions	148	142	141	129	164
<b>TOTAL</b>	<b>5551</b>	<b>6022</b>	<b>6769</b>	<b>7725</b>	<b>9414</b>

CCPA Membership count as of May 31, 2023: 13,157 active members.







**Board of Directors - Executive Committee**






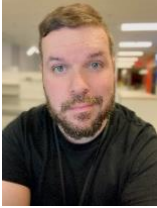






	<p><b>President</b> <b>Kathy Offet-Gartner</b></p>		<p><b>Past President</b> <b>Jen Rowett</b></p>
	<p><b>President Elect</b> <b>Carrie Foster</b></p>		<p><b>Treasurer</b> <b>George Maringapasi</b></p>
	<p><b>Chief Executive Officer</b> <b>Kim Hollihan</b></p>		













**Board of Directors**





	<b>British Columbia and Yukon Director</b> <b>Siri Brown</b>		<b>Alberta and NWT Director</b> <b>Kevin Alderson</b>
	<b>Saskatchewan Director</b> <b>Nicola Sherwin-Roller</b>		<b>Manitoba and Nunavut Director</b> <b>Lori Rudniski</b>
	<b>Ontario Anglophone Director</b> <b>Rabeea Siddique</b>		<b>Ontario Francophone Director</b> <b>Cynthia Schoppmann</b>
	<b>Quebec Francophone Director</b> <b>Liette Goyer</b>		<b>Quebec Anglophone Director</b> <b>Arash Kameli</b>
	<b>New Brunswick Francophone Director</b> <b>Sylvie Arseneau</b>		<b>New Brunswick Anglophone Director</b> <b>Kaitlyn Munn</b>

	<p><b>Nova Scotia Director</b> <b>George Maringapasi</b></p>		<p><b>Prince Edward Island Director</b> <b>Corrine Hendricken-Eldershaw</b></p>
	<p><b>Newfoundland and Labrador Director</b> <b>Janis Campbell</b></p>		<p><b>Indigenous Director</b> <b>Melissa Jay</b></p>

**Staff Members**

	<p><b>Chief Executive Officer</b> <b>Kim Hollihan</b></p>		<p><b>Chief Executive Officer Emerita</b> <b>Barabara MacCallum</b></p>
	<p><b>Executive Assistant</b> <b>Ghada Torkhani</b></p>		<p><b>Senior Manager, Finance and Operations</b> <b>Tony Laderoute</b></p>
	<p><b>Manager, Certification and Continuing Education</b> <b>Andreea Andrei</b></p>		<p><b>Manager, Communications and Partnerships</b> <b>Roch Courcy</b></p>
	<p><b>Director, Strategic Initiatives</b> <b>Karina Albert</b></p>		<p><b>Director of Public Affairs</b> <b>Lindsey Thomson</b></p>
	<p><b>Receptionist</b> <b>Jackie Gallagher</b></p>		<p><b>Membership Team Lead</b> <b>Danika Giguere</b></p>
	<p><b>Ethics Coordinator / Membership Administrator</b> <b>Margot Mutombo</b></p>		<p><b>Membership Administrator</b> <b>Amelia Nelson</b></p>

	<p><b>Accounting Administrator</b> <b>Tatiana Eremina</b></p>		<p><b>Accounting Administrator</b> <b>Kubra Vurgun</b></p>
	<p><b>Certification Team Lead</b> <b>Amber Grant</b></p>		<p><b>Certification Administrator</b> <b>Nathalie Cadieux</b></p>
	<p><b>Certification Administrator</b> <b>Alexi Giguere</b></p>		<p><b>Certification Administrator</b> <b>Monica Ford</b></p>
	<p><b>Certification Registrar</b> <b>Nancy Cusack</b></p>		<p><b>Certification Associate Registrar</b> <b>Lee Murphy Nobbs</b></p>
	<p><b>Certification Associate Registrar</b> <b>Madelaine Erazo</b></p>		<p><b>CEC Registrar</b> <b>Marisabelle Terriault-Elibani</b></p>
	<p><b>CEC Team Lead</b> <b>Judy Murphy</b></p>		<p><b>CEC Administrator</b> <b>Kaitland Widdup</b></p>

	<b>Communications Coordinator</b> <b>Kaylynn Craig</b>		<b>Partnerships Coordinator</b> <b>Genevieve Barriere</b>
	<b>Research and Policy Assistant</b> <b>Jasleen Singh</b>		<b>IAC / Project Coordinator</b> <b>Ethan Weston</b>
	<b>Events Specialist</b> <b>Susan Dallin O'Grady</b>		<b>Lead, Indigenous Initiatives</b> <b>Angela Grier</b>
	<b>Canadian Journal of Counselling and Psychotherapy (CJCP) Editor</b> <b>José F. Domene, PhD, RPsych</b>		

### Committees of the Board

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, Dr. Sharon Robertson
Senate	John Driscoll
Indigenous CEC Panel	Dr. Melissa Jay

## 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