



THE ASSOCIATION OF  
COUNSELLING THERAPY  
OF ALBERTA



# FACT-Alberta

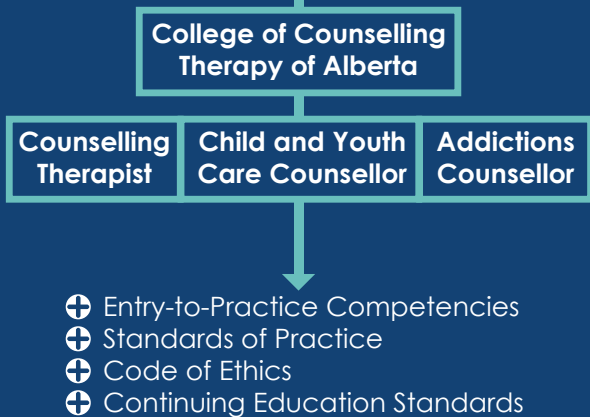
FEDERATION OF ASSOCIATIONS OF COUNSELLING THERAPISTS IN ALBERTA

## What is a college?

On December 11, 2018, The Mental Health Services Protection Act was passed by the Alberta Government. The Act amended the Health Professions Act to create a new College of Counselling Therapy, which will regulate the profession of Counselling Therapists, Addictions Counsellors and Child and Youth Care Counsellors.

**Here is some helpful information to bring you up to speed with the changes.**

## What will regulation look like?



## What is a Health Regulatory College?

Although health regulatory colleges are referred to as Colleges, they are not schools. Health colleges were established by a law called the Health Professions Act to protect a client's or patient's right to safe, competent and ethical health care. Each College is able to protect the client's or patient's right to safe, competent and ethical health care by holding its regulated members accountable for their conduct and practice. Colleges are directed by councils, consisting of professionals (elected by their peers), as well as members of the public who represent the public's interests as a health care consumer.

## How will regulation work?

Counselling Therapist, Addictions Counsellor, Drug and Alcohol Counsellor and Child and Youth Care Counsellor will become protected titles in the future when the College is proclaimed. Counselling Therapists, Addictions Counsellors and Child and Youth Care Counsellors must demonstrate the Entry-to-Practice Competencies for their profession and adhere to the standards of practice and code of ethics of the College.

Practitioners may also have certification in an area of specialty through a professional association. The role of the College and the professional counselling associations will differ, and membership in each will promote the best practice for practitioners.

## Working Together



- ⊕ Restricted titles
- ⊕ Legal mandate to enforce standards of practice
- ⊕ Mandate that members have liability insurance
- ⊕ Mandate participation in a continuing education program

- ⊕ Provide guidance respecting the practice of and ethical issues that relate to areas of specialty
- ⊕ Provide cost-effective liability insurance
- ⊕ Provide continued education opportunities Advocate for the interest of practitioners
- ⊕ Oversee certification for specialty competencies
- ⊕ Promote particular therapeutic approaches or special interests
- ⊕ Members of the public will have an avenue to seek redress when they have a complaint about regulated members

# Regulation of Counselling Therapy, Addictions Counselling, and Child & Youth Care Counselling is in the Best Interest of all Albertans

## Enter College by way of:

### Expedited Route

Will include members of the Association of Counselling Therapy of Alberta (ACTA) who have a certification that has been approved as meeting the Entry-to-Practice Competencies (EPCs) for Counselling Therapist, Addictions Counsellor or Child and Youth Care Counsellor.

### Intermediate Route

Others may apply for an equivalency assessment process to ensure Entry-to-Practice Competencies, which will take into account training, practice, and education of the practitioner, and in some instances may include examination.

### Regular Route

New graduates in the field will apply through the regular route, which include educational, training and supervision requirements, as well as examination to demonstrate Entry-to-Practice Competencies.

## What will Regulation mean for Albertans

- ⊕ Increase access to safe counselling
- ⊕ Regulation will increase access to insurance coverage for the provision of professional services where appropriate by regulated members
- ⊕ A counselling workforce that is accountable and abides by established and consistent standards of practice
- ⊕ More autonomy and choice in selecting a provider that is the right 'fit' for them
- ⊕ Can claim counselling therapy services as a medical expense on income tax
- ⊕ Better access to services in rural areas
- ⊕ Information sharing and coordination of care
- ⊕ Ensuring a safe therapeutic milieu

## What Regulation will mean for Practitioners

- ⊕ Professional mobility and stability
- ⊕ Access to jobs that require employees to be regulated
- ⊕ More integrated in primary health care teams

## Professional Associations of FACT-Alberta

- ⊕ Alberta Association of Marriage and Family Therapy (AAMFT)
- ⊕ Alberta Association for Spiritual Care (AASC)
- ⊕ Association of Cooperative Counselling Therapists of Canada (ACCT)
- ⊕ Association of Registered Clinical Hypnotherapists (ARCH)
- ⊕ Canadian Art Therapy Association (CATA)
- ⊕ Canadian Counsellor and Psychotherapy Association (CCPA)
- ⊕ Canadian Professional Counsellors Association (CPCA)
- ⊕ Child and Youth Care Association of Alberta (CYCAA)
- ⊕ International Expressive Arts Therapy Association (IEATA)
- ⊕ Music Therapy Association for Alberta (MTAA)
- ⊕ North American Drama Therapy Association (NADTA)
- ⊕ Professional Association of Christian Counsellors and Psychotherapists (PACCP)
- ⊕ Addiction Counselling supporting members of the FACT-Alberta Steering Committee from the AHS Addiction Practice Council and HSAA Addiction Counsellor Membership