



FOR IMMEDIATE RELEASE

CCPA's Second Annual *Counselling and Psychotherapy* Month

OTTAWA (April 3, 2023) – This month the Canadian Counselling and Psychotherapy Association (CCPA) is celebrating Canada's second annual [Counselling and Psychotherapy Month](#). 2022 was the CCPA's inaugural year highlighting the vital role of Counselling Therapists, Psychotherapists and Canadian Certified Counsellors in helping Canadians access mental health care. In the wake of the pandemic, and the rising numbers of burnout across helping professions, this year's focus is on supporting the well-being of our members.

"Acts of self-care and self-nourishment are a need not only to survive but to thrive post-pandemic. This is especially true for Counselling Professionals. As such, it is a minimum requirement of the profession to have the skills to take care of oneself, set boundaries and fill our own cups before we can serve," says CCPA's President Dr. Kathy Offet-Gartner.

Many Counselling Professionals are experts in the art of helping others with stress management and lifestyle management, but this does not mean they are immune to life's daily hassles, interpersonal stress and burnout. Taking care of one's well-being is central to the ability of Counselling Professionals to help clients flourish and ensure longevity in their own careers.

"For me it's vital to view self-care as a priority in my career," highlights Lindsey Thomson, CCPA's Director of Public Affairs and Registered Psychotherapist. "One of the best things that I can do for myself and my clients is to model prioritizing my health and life balance by meeting my basic needs and setting boundaries. In this way I ensure that I can be the best version of myself and continue to effectively support my clients."

The aim of Counselling and Psychotherapy Month is to recognize the important services that Canadian Certified Counsellors, Counselling Therapists and Psychotherapists provide and offer support to those practitioners via educational opportunities and community building. Members of the public can find a Canadian Certified Counsellor on our [public directory](#), and more resources on our public-facing [Talking Can Help](#) website. They can celebrate [Yellow Day](#) with us on April 12th and visit our [website](#) to discover upcoming webinars for self-care skills.

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[The Canadian Counselling and Psychotherapy Association \(CCPA\)](#) is a national bilingual association providing professional counsellors and psychotherapists with access to exclusive educational programs, certification, professional development and direct contact with professional peers and specialty groups. CCPA promotes the profession and its contribution to the mental health and well-being of all Canadians.

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