



THE ASSOCIATION OF  
COUNSELLING THERAPY  
OF ALBERTA

## SELF-ASSESSMENT TOOL FOR UNREGULATED HEALTHCARE PROVIDERS

# Am I Required to Register with the College of Counselling Therapy of Alberta (CCTA)?

The College of Counselling Therapy of Alberta (CCTA) will regulate the previously unregulated profession of Counselling Therapy in Alberta. It is important to determine if you are required to register with the College of Counselling Therapy of Alberta. There are many unregulated providers who work with vulnerable populations and establish relationships intended to support the health and well-being of individuals. Only those who perform the scope of practice of a Counselling Therapist and have acquired the competencies of a Counselling Therapist are required to register with the CCTA. This tool is intended to help you self-assess as a healthcare provider in Alberta if you must be regulated.

Learn more at [acta-alberta.ca](https://acta-alberta.ca)

## Are you working within the scope of practice of a Counselling Therapist?

In their practice, counselling therapists do one or more of the following: (a) within a counselling relationship, assess, guide, support and treat individuals or groups of individuals to enhance, maintain and promote health and wellness; (b) engage in education with respect to the practice of counselling therapy; (c) engage in research related to the practice of counselling therapy; (d) provide restricted activities authorized by the regulations.

*Mental Health Services Protection Act, December 11, 2018*

