

SELF-ASSESSMENT TOOL FOR UNREGULATED PROVIDERS OF SPIRITUAL CARE

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. They 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 regulate with the CCTA. This tool is intended to help you self-assess as a spiritual care provider in Alberta if you must be regulated.

Learn more at 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

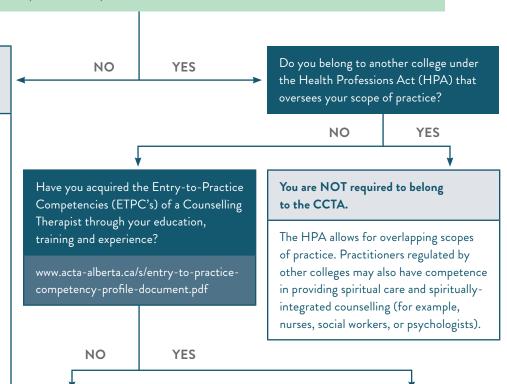
You are NOT required to belong to the College of Counselling Therapy of Alberta (CCTA).

The legislation regulating Counselling Therapists excludes the emotional, social or practical support offered by those with a common lived experience to others from the definition of a "counselling relationship".

Examples of those who provide spiritual and/or religious care who may not be also working within the scope of practice of a Counselling Therapist:

- Elders and Traditional Healers
- · Faith Community Leaders
- Religious Community Visitors to hospitals or nursing homes
- · Spiritual Directors
- Bereavement Support Group Facilitators
- Coaches and Mentors who provide spiritual support and direction
- Instructors teaching spiritual care or theology courses as an adjunct to the core counselling courses required in a graduate counselling education program

Reminder: Providers who are not regulated by the CCTA cannot use the following titles: Counselling Therapist, Addiction Counsellor, or Child & Youth Care Counsellor.



In the interest of public safety, individuals who do not have the ETPC's of a Counselling Therapist should not be performing the scope of practice of a Counselling Therapist. These individuals should limit their scope of practice, so that they are not practicing as a Counselling Therapist. They may also choose to acquire the missing ETPC's and apply to the CCTA before the Intermediate Route (grandparenting period) closes, which will happen two years postproclamation.

You ARE legislatively required to apply to the CCTA.

Examples of those who provide spiritual and/ or religious support and guidance, who are also Counselling Therapists:

- A Counselling Therapist who practices from a spiritually-integrated theoretical approach
- A Counselling Therapist who approaches therapeutic interventions through a particular faith-based theological perspective, such as a "Christian Counsellor"
- A Spiritual Care Practitioner working within a healthcare setting who is practicing within scope of practice of a Counselling Therapist
- An Elder or Traditional Healer, or a faith leader (such as a Minister or Rabbi), who is also trained as a Counselling Therapist, and whose role includes the scope of practice of counselling therapy.