

SELF-ASSESSMENT TOOL FOR THOSE WORKING IN ADDICTIONS

Will I be Required to Register with the College of Counselling Therapy of Alberta (CCTA)?

It is important to determine if you are required to register with the College of Counselling Therapy of Alberta since there are many supportive roles that are not required to be regulated. Many individuals and unregulated providers work with vulnerable populations and often establish relationships intended to support the health, well-being, and recovery of individuals struggling with addictions without performing the scope of practice of an Addiction Counsellor. It is important to note, only providers who perform the scope of practice of an Addiction Counsellor and have acquired the competencies of an Addiction Counsellor are required to regulate with the CCTA. This tool is intended to help you self-assess to determine if you must be regulated as an Addiction Counsellor in Alberta.

Learn more at acta-alberta.ca

Are you working within the scope of practice of an Addiction Counsellor?

In their practice, addiction counsellors do one or more of the following: (a) within a counselling relationship, assess, guide, support and treat individuals or groups of individuals with addictions to enhance, maintain and promote health and wellness; (b) engage in education with respect to the practice of addiction counselling; (c) engage in research related to the practice of addiction counselling; (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 Addiction Counsellors 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 addiction recovery support who may not be working within the scope of practice of an Addiction Counsellor:

- Peer recovery programs programs based on those with common lived experiences (12-step meetings, SMART Recovery, Women for Sobriety, Rational Recovery, Freedom Groups...)
 - » Including any roles within the peer recovery programs such as, but not limited to, sponsors, mentors, recovery coaches, facilitators...
- Spiritual based recovery support
 - spiritual or religious care that is also not working within the scope of practice of an Addiction Counsellor or Counselling Therapist. Programs such as Celebrate Recovery, Freedom Groups, ARP- Addiction Recovery Program...
 - » This may include, but not limited to: Indigenous Elders or Traditional Healers, spiritual directors/ leaders, facilitators, accountability partners, mentors, coaches...

• Community support workers/volunteers

» This may include, but not limited to: coaches, client care assistants or programs that provide support or compassionate care to vulnerable individuals such as handing out food, blankets, harm-reduction supplies, supporting individuals to get to shelters, secure housing, or counselling programs and so forth...

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

