

## **MCACT October 16, 2015**

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Homework: Choose the chunks of definitions that we like from other provinces and create our own definition for Manitoba

Update Stepan – a different approach, meeting with other provincial members of CASC regarding their definition of Counselling in other areas outside of healthcare, eg. prison ministry.

CPE – some provinces accept spiritual counsellors into the Psychotherapy

ALBERTA: -our definition should include the how.

Definition template: Counselling is (descriptor of relational process) using these (forms of interventions) to treat these (symptoms, diagnoses, what is being treated) for who (couples, individuals, children, adults, etc).

Alternate template: Counselling is (descriptor of relational process) for who (clients, couples, individuals) using these (forms of interventions) to treat these (symptoms, diagnoses, what is being treated).

Definition of counselling vs. scope of practice needs to be teased out eventually.

Nova Scotia:

Therapy vs. Counselling – historically there was a difference between psychotherapy and counselling but the line has been blurred. The words we use are important in defining who we are.

Who- from the NS scope of practice – individuals, couples, families, groups, organizations, corporation, schools, government, general public

Pg. 18 -Service that integrates –clinical model of human behaviour? “Is that a thing?”  
inclusion of wellness, cross-cultural, pathology, - diverse models of human behaviour –  
inpatient treatment patient – pathology, trying to incorporate all models – capturing broad  
categories – emotional-behavioural disfunction

>Diagnosis is a reserved act?

Don disputes – in their scope of practice but not legislated – continue researching this.

Diagnosis included as part of our scope of practice.

Diagnosis is an important allowance in rural areas – access to service. Diagnosis will have a separate process in the College. – Is this something that we want to pursue?

Assessment is the common ground for all of us. Don't use the word appraisal.

Referral in the scope of practice, "combination of" is inclusive of the dimensions, not limited to.

NS Definition – the broadness and the inclusion of the dimensions. "Moral," there is a lack of "creative"

1. Techniques,
2. Developmental levels

"Transformational" is a preferred word for Stepan

"Process" is important to Amber

"development and adjustment through the counselee's lifespan and transformational process."

ONTARIO

"Verbal and/or non-verbal communication" – process=near the beginning of the definition

-process is the container for the interventions which are generally defined in the latter part of the definition

-we like the last line of the controlled act

BRITISH COLUMBIA

We like the organization of this definitions

Don- a word "use of clinical counselling values" – don't like this – Use the term "ethical" in our definition

Barb – "skilled, principled (ethical) use of therapeutic relationship"

a-d (should we do parts of our definition in point form? Yes!)

break down of services – continuum of care

"What" is right at the front – "a-d" are the goals – more specific – working towards vs working in – does this advance the definition?

Language must be geared toward the public (and the politicians)

"strategic intervention" – gives intention/purpose/design to the process

"optimum"

Scope of Practice- "consultation, referral" when work is outside of our purview.

"relational, conversational, somatic, expressive or educational methods and techniques"

"human diversity/human traditions"

-"best practice" –research, ethics, psychotherapeutic - pg. 21.

-"evidence based" is tricky with contradictory evidence

“facilitate” vs. “assist”,  
“collaborating with” people

CPA – “of individuals, families, groups and the broader community.”

-“Counselling psychologists bring a collaborative, developmental, multicultural, and wellness perspectives to their research and practice.

“In addition to remediation, counselling psychologists engage in prevention, psycho-education and advocacy”

WHO –“planned and structured interventions”

Whurr (22)– “principled relationship”

- “facilitation rather than or advice-giving or coercion”

-consent in the therapeutic relationship

-For the people?

-“modified by experience, [clinical] intuition, and other interpersonal factors” =>SEUS

ACA - “systemic interventions”

AAMFT – “context” “ larger social systems”

BACP – “Skilled and principled use”

-“respect the client’s values, personal resources and capacity for self-determination.”

- Good definition overall – focused on individual work

NEXT- AGENDA

Barbara: Lorna/Barbara impressed with our brainstorm -->when to help in the process – later, after we have done some of this muddy work.

-after regulation some of the process leaves our hands. – Transitional councils,

Our application is our voice.

-quick guide to the purpose of regulation for member and potential member coming from Lorna?

Amber’s term on the MFT board is coming up – she is passing on her role to someone.

Next gathering action: November 20 – Sticky notes/newsprint and create a definition.