



# Counselling Therapists

## Pathway to Registration for Internationally Educated Professionals (IEP) in New Brunswick

Counselling Therapists are regulated professionals in New Brunswick (NB). Registration with the [College of Licensed Counselling Therapists of New Brunswick \(CCTNB\)](#)—the regulatory authority—is required to use the designation “licensed counselling therapist”, “licensed career counsellor”, “registered counselling therapist”, “registered career counsellor”, “LCT”, “LCC”, “RCT”, “RCC”, “Lic. C.T.”, “Lic. C.C.”, “Reg. C.T.” or “Reg. C.C.” or any related designations as outlined in the [Licensed Counselling Therapy Act](#).

Counselling Therapists assist individuals and groups of clients to identify, understand and overcome personal problems and achieve personal objectives. They can be specialized to work on specific problems and they may practice psychotherapy. They are employed by counselling centres, social service agencies, group homes, government agencies, family therapy centres, and educational, health care and rehabilitation facilities, or they may work in private practice.<sup>1</sup>

For work opportunities and other information, visit [NBjobs.ca](#).



## STEPS TO REGISTRATION

### PART 1: COMPETENCY ASSESSMENT

**Step 1 - Language Proficiency:** The CCTNB does not have a language proficiency requirement for registration. Working proficiency in English or French<sup>2</sup> is needed to complete the certification process and to serve clients. Language testing may be required for immigration or academic upgrading.

**Step 2 - Academic Credential Assessment:** The minimum educational requirement to practice in NB is a master's degree from an approved degree granting institution in a CCTNB recognized [field of study](#) which includes required coursework. Graduates from United States institutions that meet these standards are considered equivalent to Canadian institutions. All others must demonstrate equivalency through credential assessment.

Applicants must submit, the [application form and all relevant supporting documentation](#) (see also [CCTNB Rules](#)) by email or standard mail, including:

- Graduate Course Description form and official transcripts sent directly from your educational institution
- If applicable, Graduate Degrees Obtained Outside Canada form and a [WES ICAP report](#) if your degree was obtained outside of Canada/USA. Current WES fees can be found [here](#).
- [CCPA Ethics Primer](#) certificate of completion. Current fees can be found [here](#).
- Practicum Description form
- Professional Reference form
- If applicable, Professional Credentials and Memberships
- Resume showing professional counselling experience
- Supervision Agreement Form

<sup>1</sup> [National Occupational Classification \(NOC\)](#) definition.

<sup>2</sup> English and French are the official languages of New Brunswick.

- Proof of professional liability insurance
- Criminal record check

The CCTNB Registration Committee reviews applications four times a year. Applicants will be notified of results via email within 5-10 business days and are determined to be eligible for membership, eligible once minor gaps have been addressed, or not eligible. The current application fee can be found [here](#).

## PART 2: REGISTRATION WITH THE NEW BRUNSWICK REGULATORY BODY

**Step 3 – Restricted Licence:** Once deemed eligible for membership and annual dues are paid, applicants become a Licensed Counselling Therapist Candidate (LTC-C). LTC-Cs, practice under an [approved supervisor](#) according to their Supervision Agreement form. Candidates must complete a total of 2000 counselling hours with 800 hours of direct client contact and 50 supervision hours. Supervisors set their own fees for this service—cost will vary. CCTNB Annual dues can be found [here](#).

**Step 4 – Full Licence:** Licensed Counselling Therapist (LCT) status is granted once all supervision requirements are completed and candidates remain in good standing with CCTNB.

**If you're in New Brunswick:** Contact a [WorkingNB office](#) for help navigating the registration process and to access employment counselling services.



## REGISTRATION COSTS AND TIMELINE<sup>3</sup>

Total fees to become an LCT are approximately \$1,010 CAD, not including supervision fees. Total timeline depends on when the application is submitted within the review cycle and how long it takes to complete the supervision period. The process typically take more than one year.

**Pre-arrival:** You may begin the application and assessment process before arriving in Canada, but must be working in New Brunswick as a LCT-C/LCT.



## WORKING IN NEW BRUNSWICK, CANADA

To work legally in Canada, you must be a Canadian citizen, a permanent resident, or hold a valid work permit. For immigration assistance, visit [Immigration New Brunswick](#). If you are already in Canada, WorkingNB employment counsellors are available to assist you prior to your arrival in New Brunswick. Email: [vecs.svce@gnb.ca](mailto:vecs.svce@gnb.ca) to set up an appointment.



<sup>3</sup> Fee and timeline estimates are as of November 2025 and are subject to change. Individual situations may increase costs and timelines—some examples include: document translation into English or French, international couriers, and any professional liability insurance requirements, etc.