

College of Licensed Counselling Therapists of New Brunswick Definitions

Clinical Supervisor

A clinical supervisor is a regulated practitioner in counselling therapy in good standing with her or his College with extensive counselling experience, five years or more of counselling practice and who by December 31 2018 has taken a course in Supervision approved by the Board.

Definition of Clinical Supervision: a contractual relationship in which a clinical supervisor engages with a supervisee to discuss the direction of therapy and the therapeutic relationship; promotes the professional growth of the supervisee; enhance the supervisee's safe and effective use of self in the therapeutic relationship; and engages with the supervisee to safeguard the welfare of the client. Clinical supervision may be individual, dyadic or group, defined as follows:

*Individual: one clinical supervisor to one supervisee

*Dyadic: one clinical supervisor to two supervisees

*Group: normally, one clinical supervisor to no more than eight supervisees; for grandparenting purposes only, up to 12 supervisees per clinical supervisor (some flexibility). Structured Peer Group Supervision qualifies as group clinical supervision. If it is a formal and structured process and includes at least one group member who meets the College's definition of Clinical Supervisor (this is a practitioner who has extensive clinical experience, generally 5-10 years or more, in counselling therapy and is a LCT).

*Regular Applicants: 50% of clinical supervision hours must be individual or dyadic; 50% may be group supervision, including Structured Peer Group Supervision

*Clinical supervision may not be done by a workplace supervisor or practicum supervisor.

(adapted from the website of the College of Registered Psychotherapists of Ontario)

Controlled Act

Controlled Act refers to the *Licensed Counselling Therapy Act 2017*

Counselling Education Program

Counselling Education Program means a program leading to a master's level counselling degree or an equivalent program approved by the Board required to qualify for registration as a Licensed Counselling Therapist or Licensed Counselling Therapist-Candidate.

Counselling and Counselling Therapy

"Counselling and Counselling Therapy mean assisting clients through the counselling relationship, using a combination of appraisal and assessment, mental health and human development principles, methods and techniques to achieve mental, emotional, physical, social, moral, educational, spiritual or career development and adjustment through the client's lifespan."-*Licensed Counselling Therapy Act 2017*

Counselling Hours

Counselling Hours include a broad range of professional activities related to the practice of direct-client contact and indirect counselling therapy such as:

- direct client work (face-to-face counselling)
- recordkeeping, notekeeping and preparation in relation to direct client work
- referral, intake, assessment, planning
- professional development in counselling therapy
- engaging in clinical supervision as a supervisee
- conducting research or writing in the field of counselling therapy
- supervising/teaching/managing/consulting
- other professional activities that impact the practice of counselling therapy.

Date of Application

Date of application refers to the date on which a **completed** application is submitted to the College.

Direct Client Contact (DCC)

Direct Client Contact is any activity in which the client and the therapist are directly and formally engaged in the counselling therapy process. The client may be an individual, couple, family or group. Also included in Direct Client Contact are:

- face-to-face, telephone, Skype, video, email (with regard to privacy)
- interviewing for intake, as long as this activity is clinical in nature and then used to determine the nature and course of the therapy
- interviewing, administering a test or conducting a formal assessment as part of a clinical interaction with the client
- facilitating or actively co-facilitating therapeutic sessions.
- Planning sessions with client
- crisis management

Note: a standard 45 or 50 minute session qualifies as one hour of Direct-Client Contact.

Grandparenting

Grandparenting is a route to licensure available for established practitioners in Canada. The grandparenting option will be available for three years following proclamation of the *Licensed Counselling Therapy Act 2017* and is designed for experienced practitioners whose competence will be assessed using a different set of criteria than regular applicants. This application route will close on May 31 2020.

Indirect Client Contact

The following are not considered Direct-Client Contact but may be considered Counselling Hours:

- observing therapy without actively participating or providing follow-up to the client immediately after the observed session
- record-keeping and administrative activities, including report-writing, case notes, etc.
- conducting a psychometric assessment that primarily involves administering, scoring and report-writing, with little or no clinical interaction with the client
- providing or receiving clinical or other forms of supervision.
- consultation with other professionals; treatment plan development
- providing clinical and other training related to Counselling Therapy
- cases management
- staff meetings
- other related trainings and seminars

Licensed Counselling Therapist

Licensed Counselling Therapist means a person whose name appears on the register kept under paragraph 10(1) (a) and who has received a licence under the Licensed Counselling Therapy Act.

Licensed Counselling Therapist-Candidate

Licensed Counselling Therapist-Candidate means a person whose name appears on the register and is working a required number of hours under supervision before being licensed as a Licensed Counselling Therapist. A Licensed Counselling Therapist-Candidate has all the rights and responsibilities of a Licensed Counselling Therapist but is not able to practice without supervision until completion of required Candidacy hours.

Referee

A referee is someone who will provide information about you when you are applying to the College. The referee should be someone who can assess and remark upon your ability to be a Licensed Counselling Therapist.

Supervisor

Supervisor means a person who supervises all aspects of a Licensed Counselling Therapist-Candidate's candidacy hours. This person has extensive experience in counselling, at least five years of counselling practice and is a Licensed Member of the College of Counselling Therapists of New Brunswick, the New Brunswick Association of Social Workers or the College of Psychologists of New Brunswick. In order to be approved as a Supervisor, the proposed Supervisor must have completed a Supervisor's Course or agree to take a Supervisor's Course acceptable to the Board by December 31 2018.

Supervision

Clinical Supervision is a process that encourages growth and enhances skills in counselling while building a trusting ethical relationship between a Supervisor and Supervisee. The goals of Clinical Supervision are to:

- promote the professional growth of the supervisee
- discuss the direction of therapy
- discuss counselling scenarios in a manner that is supportive and constructive
- improve skills and knowledge in delivering clinical services
- advance the ability of the supervisee to provide value to clients
- stay oriented to best-practice standards
- safeguard the well-being of the client.