



Accessing Counselling Therapy in Nova Scotia

Registered Counselling Therapists provide mental health services to adults, adolescents, children, couples, families, and groups.

Dedicated to our clients' well-being, counselling therapists offer support for people working through mental health, emotional, and interpersonal issues. We work in mental health clinics, healthcare facilities, community and government agencies, public and private school systems, community colleges, universities, correctional facilities, industrial sites, and private practice.

Nova Scotians have more choice than ever before in accessing timely, comprehensive counselling services that fit their individual needs.

CONNECT WITH A
REGISTERED COUNSELLING THERAPIST

www.nscct.ca





In Nova Scotia, about **40,000 employees and their dependents** have access to sessions with a counselling therapist under their workplace benefit plan.

16,000 First Nation band members can access sessions with a counselling therapist under the First Nations and Inuit Health Benefit.

Some small business owners and some Nova Scotians can claim counselling fees with their Health Spending Account or as a medical expense when they file their income tax with the Canada Revenue Agency.

Accessibility to counselling therapy continues to expand in Nova Scotia: all major national benefit plan providers recognize Registered Counselling Therapists as qualified mental health professionals. The number of Nova Scotian employers that include Registered Counselling Therapists as approved practitioners in their benefit plans is growing.



Our Qualifications

As licensed mental health care practitioners, we hold a counselling-related master's degree as a minimum level of education. We complete 2,000 hours of supervised postgraduate clinical work which includes 800 direct, therapist-client counselling hours. To maintain our license, we engage in at least 12 hours of professional development each year in the form of workshops, courses, online seminars, and externships.

Our Accountability

The Nova Scotia College of Counselling Therapists (NSCCT) serves as our regulatory body. The college ensures that all practicing Registered Counselling Therapists in the province meet and maintain licensing requirements and adhere to the Code of Ethics and Standards of Practice referenced in the *Counselling Therapists Act*.

The *Act*, introduced by the Nova Scotia Department of Health and Wellness in 2008, licenses and regulates counselling therapists. Under the *Act*, the titles of Registered Counselling Therapist (RCT), Registered Counselling Therapist Candidate (RCT-C), and Counselling Therapist are protected. This means the designations are reserved for individuals who meet the academic standards, clinical experience, and supervision that the *Act* requires.

CONNECT WITH A
REGISTERED COUNSELLING THERAPIST
www.nscct.ca





Nova Scotia College of Counselling Therapists

36 Brookshire Court, Suite 201, Bedford, NS B4A 4E9

(902) 225-7531

Contact registrar@nscct.ca for questions about professional practice, regulations, and membership.

Contact chair@nscct.ca for questions about the college, policies and procedures, the board and committees, and legislation.

www.nscct.ca