



Including Registered Counselling Therapists in Benefit Plans

For employers, including Registered Counselling Therapists (RCTs) in benefit plans helps build on today's healthy workplace initiatives. Supporting employees' mental health impacts operations too: when employers offer greater access to counselling therapy services, time away from work decreases and workplace productivity increases. Making the decision to expand available counselling therapy services represents one more way employers can better attend to business.

For employees, greater access to counselling therapy services means increased choice, more flexibility and convenience, a higher number of locations – urban and rural settings – in which to receive support, and a higher likelihood of working with therapists who match and meet their needs. Employees are better able to plan how they access services, save money, and allow for further sessions, if needed.



Our Qualifications

As licensed mental health care practitioners, RCTs 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.

RCTs must provide proof of professional liability insurance or coverage by an employer and confirm their commitment to ethics standards. RCTs also submit a criminal record check and a vulnerable sector check to the Nova Scotia College of Counselling Therapists.

Scope of Practice

Private practice RCTs work in agency-style collectives, multidisciplinary health centres, and in individual practices. The NSCCT website, www.nscct.ca, posts a searchable, province-wide directory of private practitioners.

RCTs also work in mental health clinics, healthcare facilities, community and government agencies, public and private school systems, community colleges, universities, correctional facilities, and industrial sites.

We provide mental health services to adults, adolescents, children, couples, families, and groups. We offer support for people working through mental health, emotional, and interpersonal issues.

Approved Practitioners

All major national insurers recognize RCTs. Many employers', organizations', and unions' benefit plans include private practice RCTs as approved practitioners.

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.

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



Our Accountability

The profession of counselling therapy in Nova Scotia spans over 20 years. Counselling therapists were first registered under the Societies Act (1995) and the former Nova Scotia Association of Counselling Therapists.

Today, the Nova Scotia College of Counselling Therapists (NSCCT) serves as our regulatory body. The college ensures that all practicing RCTs 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*.

Employers, Organizations, and Registered Counselling Therapists Working Together

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

Nova Scotia College of Counselling Therapists

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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