

HOW TO BECOME A REGISTERED COUNSELLING THERAPIST

Before You Apply for Your Candidacy

1. If the NSCCT Registration Committee or the registrar decides you need more placement hours before you apply for your candidacy with the college, you must take part in a supervised bridging placement where:
 - Your bridging placement supervisor must be a graduate-level clinician licensed with an appropriate provincial regulatory body, with at least 3 years of practice experience beyond their candidacy time with their regulatory body.
 - Your bridging placement supervisor must have taken some form of supervision training, either as part of their degree program or as a post graduate, that is equivalent to the NSCCT supervision workshop. (In some cases, the registrar may decide the supervisor's mentoring and supervision experience are equivalent to the NSCCT supervision workshop.)

Registered Counselling Therapists, Registered Psychologists, and Registered Social Workers who meet these criteria can act as a bridging placement supervisor.

The Next Step: A Supervised Bridging Placement

2. The bridging placement supervisor, the registrar, and the Registration Committee will work together to develop a Bridging Supervision Plan (a bridging plan) designed to address the number or content of client contact hours you need.
3. Your bridging plan will outline the number of hours you need to finish to reach 120 hours of counselling therapy practice (a standard set out in the *Counselling Therapists Act and Regulations*). It's important to note that your bridging placement supervisor and the Registration Committee may ask you to finish more than 120 hours of counselling therapy practice, to make sure you're prepared for candidacy with NSCCT. The Registration Committee will decide which hour format (see table below) you will follow. For example, if you need to supplement 1 to 30 hours of counselling therapy practice, you will be asked to finish 30 hours, and up to 80 hours, of counselling therapy practice.

If you need to supplement:	You must finish:
1 to 30 hours	30 hours, and up to 80 hours
30 to 50 hours	60 to 100 hours, or more
50 to 75 hours	80 to 100 hours, or more
75 to 100 hours	100 to 120 hours, or more
100 hours or more	120 hours, or more

4. A bridging placement supervisor role and an employment supervisor role must be kept separate. This means your bridging placement supervisor who oversees your bridging plan is not allowed to also oversee your performance at your workplace. If you and your bridging placement supervisor work in different locations as you finish your bridging plan, a person in a position of responsibility in your work place can provide a signature for your counselling therapy practice hours.
5. You and your bridging placement supervisor will meet for one hour of one-on-one supervision every week during the supervision time. Up to 50% of supervision hours can take place electronically (for example, by telephone or video conferencing) but in person supervision is always encouraged and preferred.
6. NSCCT recommends a bridging plan that is at least 6 weeks long (regardless of the number of client contact hours you need to finish). This is to help make sure there's enough time to evaluate your counselling therapy practice. In general, this means you could have 5 to 8 client contact hours a week.
7. The bridging plan will include a start date, a midterm date and progress report, and an end date and final report. If your bridging placement supervisor identifies significant challenges in the midterm progress report, the supervision time may be extended and the bridging plan changed. You, your bridging placement supervisor, and the registrar will sign a changed bridging plan that will outline any extension, changes, or measurable goals. If you're not able to successfully finish the changed plan, your bridging placement supervisor must send you and the registrar a written and explicit evaluation explaining their findings.

After Your Supervised Bridging Placement

When your bridging supervision has ended and your bridging plan is finished, you can apply to NSCCT to become a Registered Counselling Therapist-Candidate, and start your candidacy.