

OBJECTIVE

TO CLARIFY THE REGULATORY REQUIREMENTS OF COMMON COUNSELLING CONUNDRUMS

RELEVANT STANDARD

CoE A5. Representation of Professional Qualifications

"Counsellors/therapists claim or imply only those professional qualifications that they possess and are responsible for correcting any known misrepresentation of their qualifications by others. Counsellors/therapists working in a province or territory with professional statutory regulation ensure they adhere to the specific representation of professional qualifications requirements that have been mandated by statute and/or Regulatory College bylaw."

NSCCT Policy: Representation of Professional Qualifications

"In the public interest, Counselling Therapists claim or imply only those professional qualifications and credentials that they currently possess and which can be verified by the College and the public."

ISSUE

THE COLLEGE REGULARLY FIELDS QUESTIONS ABOUT THE APPROPRIATE USE OF TITLE AND CREDENTIALS.

EXPLANATION

THE ONLY CREDENTIALS THAT THE NSCCT CAN AUTHORIZE FOR USE BY ITS REGISTRANTS ARE "REGISTERED COUNSELLING THERAPIST" AND "REGISTERED COUNSELLING THERAPIST-CANDIDATE".

WHILE THE SCOPE OF PRACTICE AND COMPETENCY PROFILE OF COUNSELLING THERAPISTS AND PSYCHOTHERAPISTS ARE SUBSTANTIALLY THE SAME, THE *TITLES* ARE NOT INTERCHANGABLE.

- ⇒ **Registered Counselling Therapists licensed in Nova Scotia are required to use their properly designated title** in all affairs related to the practice of counselling therapy. This includes but is not limited to business cards, stationary, advertising, professional correspondence (including electronic), websites, social media and in academic circles.

Furthermore, Registered Counselling Therapist and Registered Counselling Therapist-Candidate (and their abbreviations and derivatives) are the *only titles permitted for use* when describing licensure to practice counselling therapy in the province.

In short,

- an RCT/RCT-C must identify themselves as such when referring to the practice of counselling therapy
- in reference to their practice of counselling therapy, an RCT/RCT-C is permitted to identify themselves only as an RCT/RCT-C and not by any other title (including those titles that may be in use in other provinces/territories) unless they hold dual licensure
- a person who is not licensed to practice counselling therapy in Nova Scotia must not identify themselves as a Registered Counselling Therapist/Registered Counselling Therapist-Candidate

BEST- PRACTICE TIPS

Prominently displaying your fees and payment options on your website can help avoid false expectations for clients.

Many seasoned counselling therapists wisely include a note about insurance payments as well:

"Prior to booking an appointment, please check with your insurance provider to confirm they cover the services of Registered Counselling Therapists (RCTs)."

DETERMINING IF A PARTICULAR INSURANCE COMPANY COVERS THE COST OF COUNSELLING THERAPY IS THE RESPONSIBILITY OF THE POLICY-HOLDER/CLIENT

A LICENSED REGISTRANT OF NSCCT CANNOT CLAIM TO HOLD A QUALIFICATION OR TITLE THAT THEY DO NOT HOLD.

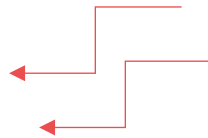
⇒ This includes the use of the title **Psychotherapist** unless that counselling therapist is also registered as a psychotherapist in the provinces of Ontario or Quebec.

QUESTIONS OFTEN ARISE WHEN REGISTRANTS ARE ASKED BY AN INSURANCE COMPANY, EAP OR OTHER THIRD-PARTY PAYER TO CATEGORIZE THEIR PROFESSIONAL SERVICES. OFTEN, COUNSELLING THERAPISTS ARE CONFRONTED WITH A CHECK LIST OR DROP-DOWN MENU THAT DOES NOT INCLUDE THE TITLE "COUNSELLING THERAPIST".

The reasons why "Counselling Therapist" may not appear on a particular list of service providers vary widely.

⇒ The important thing is that when selecting a "provider type" from a non-inclusive list, all counselling therapists act diligently to ensure that their selection aligns accurately with the "Registered Counselling Therapist" scope of practice and core competencies.

THE BOTTOM LINE



NSCCT does not authorize or permit any registrant of the College to use a title, or claim a credential or qualification, that they have not been duly granted by the authority empowered to grant the use of that title, credential or qualification. Unauthorized or misleading use of any title, credential or qualification is a breach of Article of A5 of the CCPA Code of Ethics and therefore, may constitute professional misconduct pursuant to s. 2 (ag); (i)(ii)(xi) and (viii) of the *Counselling Therapists Act* (2011). **Registered Counselling Therapists are not authorized to use the title *Psychotherapist* unless they are also registered as a psychotherapist in the provinces of Ontario or Quebec.**