

SAMPLE LETTER: Graduates

June 18, 2024

**Honourable Adrian Dix**

Minister of Health

B.C. Ministry of Health

EMAIL: [PROREGADMIN@gov.bc.ca](mailto:PROREGADMIN@gov.bc.ca)

Re: Regulating Counselling and Psychotherapy in B.C.

Dear Minister Dix,

Thank you for the opportunity to provide input on the province's desire to regulate psychotherapy in the province. I am in favour of regulating psychotherapy and hope that regulation will be provided in a manner that is fair, inclusive, and most helpful for British Columbians.

I graduated from Rhodes Wellness College, a college that has close to thirty years experience teaching individuals in an experiential manner to become healthy, competent, grounded, and ethical counselling professionals.

I opened my private practice in 2019 and since then have provided more than 1,000 hours of professional counselling to British Columbians. My practice specializes in areas related to anxiety and depression and I am happy to report that I have helped many marginalized and non-marginalized individuals (over 300 since I started my practice) live more fulfilling and more self-satisfying lives. I believe that because of my training, which included close to 1,800 hours of education, I can expertly hold space for my clients and know how to help them find solutions to their own issues and apply their own capabilities to formulate sustainable change that meets their emotional and mental health needs and goals.

I do not have a Master's degree, however, I believe that my Diploma, which was focused, taught by many instructors with either a master's degree or many years of experience in industry, provided me training on par or even at a higher level than what I see from some other counselling professionals in the province with a master's degree. I do not believe that stipulating a master's degree as a minimum standard for entry-to-practice as a psychotherapist will serve the public. It certainly would not serve the clients I help every day. I believe what is most important is to establish a standard of practice based on competency versus only based on an education credential. I have observed that master's credentials vary widely from school to school and therefore relying on this as a primary reassurance would be ineffective.

If I was given an opportunity to write an examination, similar to what I did when I became a member of the Canadian Professional Counsellors Association (CPCA) and provide proof that I have been supervised in my practice (which I have through my CPCA supervisor), I believe that would provide an effective model to prove competency for the public.

*Alternative to the paragraph above if you are part of ACCT:*

If I was given an opportunity to write an examination that is administered by the provincial regulator, to prove my academic knowledge, and knowledge of standards of practice, ethics, and various counselling methodologies, philosophies, and techniques, I would happily do so and am confident in my ability to pass any such requirement.

I do not have an opportunity to pursue a master's degree and achieving one was unrealistic for me due to the fact that I have a family with two children and as a contributing member of our household income, and due to the high cost of living in British Columbia, could not have sacrificed 5-7 years of time and close to \$70,000 to achieve a general bachelor's degree only because it was a requirements to complete a master's degree. I wanted to pursue an education that was more focused and directly relatable to the career I wanted to pursue in counselling and psychotherapy. I was grateful that my education at Rhodes provided the same level of education that I see others in industry with a master's degree have obtained. Just because it is termed a diploma does not mean that it is subpar to what others with a master's degree have obtained. In fact, the experiential nature of the program I studied, where I was required to take techniques and methodologies and apply them to my daily life, and helped my classmates do the same, helped me quickly understand and master the techniques and theories I learned in Cognitive Behavioural Therapy, Somatic Therapy, Narrative Therapy, Didactic Behavioural therapy, and the many other types of therapy I learned about, alongside my professional classes such as Ethics, Mental healthy, Human Development, and some of the other 21 courses I studies.

Minister, I hope that you are getting a sense that I am as qualified as other professionals who possess a master's degree, to practice as a mental and emotional health professional in the province. I hope that you will ensure that a pathway is created for folks like me. I belong to the Canadian Professional Counsellors Association (CPCA) and stringently follow a code of ethics and Standards of Practice that my Association prescribes. I would have no issue doing the same within a regulatory college, if I would be permitted to gain entry to that college. There are hundreds of us that are well trained, and very competent, ready to help fulfill the needs of the province to assist our residents of the province overcome some of the difficulties they face.

*Alternative to the paragraph above if you are part of ACCT:*

Minister, I hope that you are getting a sense that I am as qualified as other professionals who possess a master's degree, to practice as a mental and emotional health professional in the province. I hope that you will ensure that a pathway is created for folks like me. I

belong to the Association of Cooperative Counselling Therapists of Canada (ACCT) and stringently follow a code of ethics and Standards of Practice that my Association prescribes. I would have no issue doing the same within a regulatory college, if I would be permitted to gain entry to that college. There are hundreds of us that are well trained, and very competent, ready to help fulfill the needs of the province to assist our residents of the province overcome some of the difficulties they face.

Should you wish to contact me to discuss my practice and experience, and how I am helping my clients presently, I would welcome a phone call, video call, or email exchange.

Thank you for your attention to my letter.

Sincerely,

A handwritten signature in black ink, appearing to read 'George A. Brown', with a stylized flourish at the end.

George A. Brown, Registered Professional Counsellor  
Moving Ahead Counselling  
#1401, 1022 East Brook Street,  
Vancouver, B.C, V6J 2Z8  
E: [georgebrown@moveahead.ca](mailto:georgebrown@moveahead.ca)  
C: 778-822-3777