

SUGGESTED FORMAT TO WRITE A LETTER: Graduates

Date

Honourable Adrian Dix

Minister of Health

B.C. Ministry of Health

EMAIL: PROREGADMIN@gov.bc.ca

Re: Regulating Counselling and Psychotherapy in B.C.

Dear Minister Dix,

Start with an introduction. Why are you writing to Minister Dix? State your purpose clearly.

Provide an introduction on how you and why you changed your career or started in a career of counselling. Try to link psychotherapy with counselling (e.g. use both words, such as “I provide counselling and psychotherapy services...”) since the province is looking to regulate psychotherapy.

Explain your experience. What have you done that is making a difference to British Columbians? This is who the Minister cares about. It is his duty to ensure he is fulfilling the needs of British Columbians for their mental and emotional health. Explain a little about your focus and your practice and why it is important to society in British Columbia. Who do you help? Why do you help who you do? If you are practicing privately or for an organization- please detail this. This can be one or two paragraphs long.

Explain your asks. If you are worried about anything related to regulation, explain what you are worried about and why. This can include restrictions on entry to practice (e.g. a Master’s degree requirement, or limitations to scope of practices where you do not think there should be a lot of restrictions, e.g. suicide prevention). Make your argument and explain why any restrictions on you because of your circumstances would rob the province from having a capable and skilled counsellor (you) help the province with its needs to provide mental and emotional health assistance to British Columbians.

Make some suggestions on what you think regulation should look like. What do you think is important? What do you think is not important and why? Justify why your training has prepared you to become a competent and skilled practitioner in the province.

Write a summary and thank the minister for the opportunity to provide feedback. Include your contact information in case the ministry develops a task force or wants to ask further questions. Your contribution could make all the difference in the world.

Sincerely,

SIGNATURE

Your name and title

The name of your company or the organization you work for

Your address

Your email

Your contact phone number