

03.03.2016

RE: SUBMISSION IN SUPPORT OF COUNSELLING COLLEGE AMENDMENTS

To Whom It May Concern:

I am writing in support of the Counselling College's revised definition and associated competencies. I firmly believe that the revised definition more accurately reflects the training and practice of counselling psychology. I have worked in private practice for 3 years, and the majority of my work involves assessment, formulation, diagnosis, and psychotherapy from a wide range of modalities. I provide these services for couples, families, and individuals across the lifespan. I work predominantly with clients diagnosed with eating disorders, bipolar I and II disorder, anxiety and depression, and substance abuse issues.

My therapeutic practice is informed by the most recent evidence-based research, and client-based feedback indicates that my high retention is attributed to my detailed understanding of interpersonal processes, my strong understanding of psychopathology and psychopharmacology, and my commitment to building a strong therapeutic alliance. These skills and capabilities are integral to what it means to be a counselling psychologist. I sincerely hope that the revised definition is accepted, as it is a much more accurate reflection of what we practice and embody as counselling psychologists.

Thank you for taking the time to consider this submission.

Kind Regards,

Dr. Samantha Warren