

## Why choose a Registered Clinical Counsellor?

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A Registered Clinical Counsellor (RCC) can help you cope more effectively with life's challenges, enhance your self-growth, relationships, your general mental health and well-being.



With over 1600 RCCs practicing in British Columbia, you will be able to quickly find an RCC in your community who is available to help you.



The RCC designation is your guarantee that a counselling professional has met rigorous training, experience and supervision requirements.



RCCs are held accountable to their clients through the BCACC's Code of Ethical Conduct, Standards of Clinical Practice, and its complaints, investigation and disciplinary procedures.



All RCCs must pass a Criminal Record Check and carry professional liability insurance.

For more information  
or a referral to  
a Registered Clinical Counsellor  
working in  
your community, call:

**1-800-909-6303 (toll free)**

Or visit our website @  
**[www.bc-counsellors.org](http://www.bc-counsellors.org)**

# BCACC

*BC Association of Clinical Counsellors*

Enhancing Mental Health  
All Across Our Province

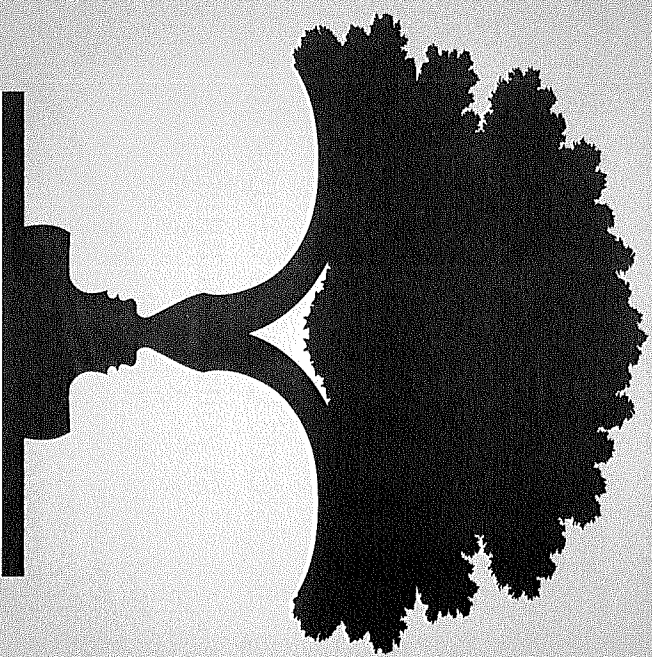
BC Association of  
Clinical Counsellors  
#14 – 2544 Dunlevy Street  
Victoria, BC V8R 5Z2  
Phone: 250-595-4448  
or Toll Free: 1-800-909-6303

Fax: 250-595-2926

Email: [hoffice@bc-counsellors.org](mailto:hoffice@bc-counsellors.org)

## Registered Clinical Counsellors

### Your access to better mental health



# BCACC

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## The BCACC and You

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The BC Association of Clinical Counsellors (BCACC) was established in 1988 to regulate the professional practice of clinical counsellors and therapists in British Columbia.

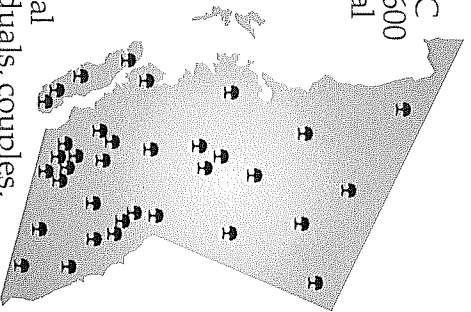
This allows you to identify and choose services from professional counsellors and therapists who are dedicated to providing the highest standard of professional counselling, therapy, consulting and assessment services.

The BCACC restricts the use of the title "Registered Clinical Counsellor" (RCC). When you see the RCC designation, you will know that the counsellor has met the rigorous academic training (Masters-level), clinical experience and supervision requirements that are part of the BCACC's membership criteria.

## Registered Clinical Counsellors in your community

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Today, the BCACC represents over 1600 Registered Clinical Counsellors throughout British Columbia who work to enhance mental health in all communities by providing accountable and ethical professional services to individuals, couples, families, groups and organizations in over 50 different languages.



### *Accountable*

### *Mental Health Professional*

*BC Association of Clinical Counsellors*

## How can an RCC help me?

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Sometimes our complex, 24/7 world leaves little time to sort through personal concerns.

When your personal problem-solving efforts are no longer working, an RCC can help you and your loved ones cope and thrive.

A Registered Clinical Counsellor can help you get a better understanding of your issues and concerns in order to enhance your self-growth, personal effectiveness, relationships, and your general mental health and well-being.

As counselling and therapy specialists, Registered Clinical Counsellors are qualified to help you address many mental health issues including:

- ☛ Stress and anger management
- ☛ Panic and anxiety
- ☛ Depression
- ☛ Marital and relationship problems
- ☛ Obsessive/compulsive behavior
- ☛ Sexual abuse or trauma
- ☛ Grief and loss
- ☛ Substance abuse
- ☛ Eating disorders
- ☛ Gender and sexuality issues
- ☛ Child and adolescent issues
- ☛ Communication skills/assertiveness
- ☛ Conflict resolution
- ☛ Life transitions or career issues
- ☛ And many other concerns as well

## Where do I begin if I want to work with an RCC?

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In order to find a qualified, ethical professional counsellor in your community, you can call the toll free number of the BCACC at 1-800-909-6303.

All calls are confidential and free of charge. We can answer your questions and provide you with contact information for Registered Clinical Counsellors in your area.

You may also ask for a referral to an RCC through your family physician, clinic, or through an Employee and Family Assistance Program.

You can also look in your local yellow pages for counsellors with the Registered Clinical Counsellor or RCC designation.