

# Who Are Registered Clinical Counsellors?

For over 30 years, the BC Association of Clinical Counsellors (BCACC) has been committed to protecting the public by providing a self-regulation avenue for clinical counsellors.

Today, we represent over 5800 Registered Clinical Counsellors (RCCs) throughout British Columbia who work to enhance mental health in their communities.

Every person who receives the RCC counselling designation has met rigorous academic and clinical competency criteria required by the BCACC. The RCC designation has become synonymous with professional accountability and adherence to high ethical standards in the counselling profession.

## Why choose an RCC?

**Education &  
Experience**

**Ethics &  
Accountability**

**Access &  
Affordability**



[www.bcacc.ca](http://www.bcacc.ca)



# TOP MENTAL HEALTH

concerns workers reported in  
2021

Anxiety

Depression

Burnout

We surveyed our counsellors to identify the top issues clients present with.

Workers overwhelmingly report that uncertainty, loneliness, and stress related to the COVID-19 pandemic have negatively impacted their mental health and workplace performance.

# How Employers Can Help

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## Offer benefit options that include Registered Clinical Counsellors

With over 5800 RCCs across BC, help is more widely accessible, with fewer wait times and more affordability than other mental health professionals



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## Prioritize connection, professional development, and work/life balance

Foster relationships, model boundaries, and encourage employees to explore personally meaningful opportunities for growth, both at and outside of work



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## Create the culture

Let employees know it's okay to reach out for help, and be prepared with resources



# How Employers Can Help

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**Provide adequate benefits coverage with increased limits for the number of sessions an employee is entitled to**



Most benefits plans limit counselling to 4-6 sessions, but counsellors report needing a minimum of 10-20 sessions to see positive and measurable outcomes

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**Promote counselling as part of a wellness routine; not just something to seek when in crisis**



Bring counsellors into the workplace to provide workshops and training opportunities that normalize conversations about mental health

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