



Vancouver College of Counsellor Training
Newsletter
2017

206 East 6th Avenue, Vancouver, BC, V5T 1J8
Phone: 1-800-667-3272 Website: www.vcct.ca

Regulatory change from PCTIA TO PTIB

VCCT is now regulated by the PTIB (Private Training Institutions Branch) and we are now a “Designated” college. For those students who are applying to a private college such as VCCT and who are being funded by WorkBC or other funding bodies, their forms have not yet been updated to reflect this change because they still tend to refer to PCTIA. PTIB website: www.privateinstitutions.gov.bc.ca



It's the most wonderful time of the year...well...not for everyone.

While images on TV and in the media abound with images of joy, happiness, and family connectedness...this may not be the experience of the holidays for many people. It may be a time of year when many people are confronted with family dysfunction, reminders of profound losses, end-of-year deadlines, increasingly cold and dark winter days, and the painful reminder that our lives may not be filled with the sense of love and happiness we crave. This time of year can be especially difficult for those who are dealing with loneliness, loss, relationship break-ups, divorce, family issues, and/or mental health issues.

As the daylight grows shorter, many people find their mood lowers. While some people have Seasonal Affective Disorder (SAD) (a form of depression that's brought on by the change of seasons), people who don't have it may still be affected by the seasonal change. Talk to your doctor about trying a sun lamp because it might help to improve your mood.

If you or a loved one is experiencing a depressed or irritable mood, difficulty experiencing pleasure, a change in sleep or activity level, fatigue, loss of energy, feelings of worthlessness or guilt, difficulty concentrating, and/or weight changes, and these have lasted over 2 weeks, it might be time to talk to your doctor or counsellor as these symptoms can indicate depression. If you are experiencing thoughts of suicide, contact your local crisis line (for anyone in BC the number is (1-800-784-2433), call 911 or go to your local hospital.

Registrations for 2017

VCCT is currently accepting applications for registrations into the 2017 upcoming year. Please contact admissions@vcct.ca if you have any questions or call 604-683-2442 and ask to speak to Mandy or Saphira

**VCCT is closed on
Monday, February 13th, 2017.
Family Day**



Congratulations to all Winter 2016/2017 VCCT Grads!

Amanda Godfrey	Addictions Cert.			Aiden Sisler	Dip. Of Prof. Couns.	
Ronaldo Acuna	Dip. Of Prof. Couns YFSWC & CEDSC			Sasha Nanahee	Dip. Of Prof. Couns.	
Lilia Lau	Dip. Of Prof. Couns. Spec. in Substance Abuse		Sundeep Gill	Dip. Of Prof. Couns. Spec. In Family & Community		
Wendy MacLaren	Dip. Of Prof Couns. Career Expl. & Dev.		Christine Read	Dip. Of Prof. Couns. CIRC & YFSWC.		
Carol-Ann Pilling	Dip. Of Prof. Couns. Addictions Cert.		Jodee Hoffman	Dip. Of Prof. Couns.		
Susanne Smetana	Dip. Of Prof. Couns. Spec. in Sexual Abuse		Michael Mountain	AWC		
Linda Van Dorn	Dip. Of Prof. Couns.		Christine Edwards	Dip. Of Prof. Couns.		
John Robertson	Dip. Of Prof. Couns.		Lynn Derksen-Dyck	Dip. Of Prof. Couns. CIRC		
Daniel Buskell	Dip. Of Prof. Couns. & CIRC					
Cynthia Boily	Dip. Of Prof. Couns.		Teresa J. Stewart	Dip. Of Prof. Couns. YFSWC	Katie Ann Mierau	Dip. Of Prof. Couns. AWC
Ann Cavers	Dip. Of Prof. Couns.		Neelum Gill	Dip. Of Prof. Couns. YFSWC	Jordan Mason	Dip. Of Prof. Couns. YFSWC
Sasha Nahanee	Dip. Of Prof. Couns. YFSWC	Shazia Begun Khan	Dip. Of Prof. Couns. YFSWC	John Robertson	Dip. Of Prof. Couns.	