Counselling Therapists

Pathway to Registration for Internationally Educated Professionals (IEP) in New Brunswick

Counselling Therapists are regulated professionals in New Brunswick (NB). Registration with the College of Licensed Counselling Therapists of New Brunswick (CTTNB)—the regulatory authority—is required to use the designations "licensed counselling therapist", "licensed career counsellor", "registered counselling therapist", "registered career counsellor", "LCT", "LCC", "RCT", "RCC", "Lic. C.T.", "Lic. C.C.", "Reg. C.T." or "Reg. C.C." or any related designations as outlined in the Licensed Counselling Therapy Act.

Counselling Therapists assist individuals and groups of clients to identify, understand and overcome personal problems and achieve personal objectives. They can be specialized to work on specific problems and they may practice psychotherapy. They are employed by counselling centres, social service agencies, group homes, government agencies, family therapy centres, and educational, health care and rehabilitation facilities, or they may work in private practice.[1]

For work opportunities and other information, visit NBHealthJobs.com or NBjobs.ca.

STEPS TO REGISTRATION

PART 1: COMPETENCY ASSESSMENT

Step 1 – Language Proficiency: The CCTNB does not have a language proficiency requirement for registration. Working proficiency in English or French[2] is needed to complete the certification process and to serve clients. Language testing may be required for immigration or academic upgrading.

Step 2 – Academic Credential Assessment: The minimum educational requirement to practice in NB is a master's degree from an approved degree granting institution in a CCTNB recognized field of study which includes required coursework. Graduates from United States institutions that meet these standards are considered equivalent to Canadian institutions. All others must demonstrate equivalence through credential assessment.

Applicants must submit, the application form and all relevant supporting documentation (see also CCTNB Rules) by email or standard mail, including:

- Graduate Course Description form and official transcripts sent directly from your educational institution
- If applicable, Graduate Degrees Obtained Outside Canada form and a WES ICAP report if your degree was obtained outside of Canada/USA. Current WES fees can be found here.
- Canadian Counselling and Psychotherapy Association (CCPA) Ethics Primer certificate of completion. Current fees can be found here.
- Practicum Description form
- Professional Reference form
- If applicable, professional credentials and memberships

[1] National Occupational Classification (NOC) definition.
[2] English and French are the official languages of New Brunswick.

- Resume showing professional counselling experience
- Supervision Agreement Form
- Proof of professional liability insurance
- Criminal record check

The CCTNB Registration Committee reviews applications four times a year. Applicants will be notified of results via email within 5-10 business days and are determined to be eligible for membership, or eligible once minor gaps have been addressed, or not eligible. The current application fee can be found here.

PART 2: REGISTRATION WITH THE NEW BRUNSWICK REGULATORY BODY

Step 3 – Candidate Licence: Once deemed eligible for membership and annual dues are paid, applicants become a Licensed Counselling Therapist Candidate (LTC-C). LCT-Cs practice under an approved supervisor according to their Supervision Agreement form. Candidates must complete a total of 2000 counselling hours with 800 hours of direct client contact and 50 supervision hours. Supervisors set their own fees for this service—cost will vary. CCTNB Annual dues can be found here.

Step 4 – Full Licence: Licensed Counselling Therapist (LCT) status is granted once all supervision requirements are completed and candidates remain in good standing with CCTNB.

Navigation Services: To obtain assistance through the process, connect with your health professions navigator at NBHealthJobs.com.

REGISTRATION COSTS AND TIMELINE[3]

Total fees to become an LCT are approximately $1,110 CAD, not including supervision fees. Total timeline depends on when the application is submitted within the review cycle and how long it takes to complete the supervision period. The process typically takes more than one year.

Pre-arrival: You may begin the application and assessment process before arriving in Canada, but you must be working in New Brunswick as an LCT-C/LCT.

WORKING IN NEW BRUNSWICK, CANADA

To work legally in Canada, you must be a Canadian citizen, a permanent resident, or hold a valid work permit. For immigration assistance, visit Immigration New Brunswick.

New Nouveau Brunswick CANADA

[3] Fee and timeline estimates are as of November 2025 and are subject to change. Individual situations may increase costs and timelines—some examples include: document translation into English or French, international couriers, and any professional liability insurance requirements, etc.