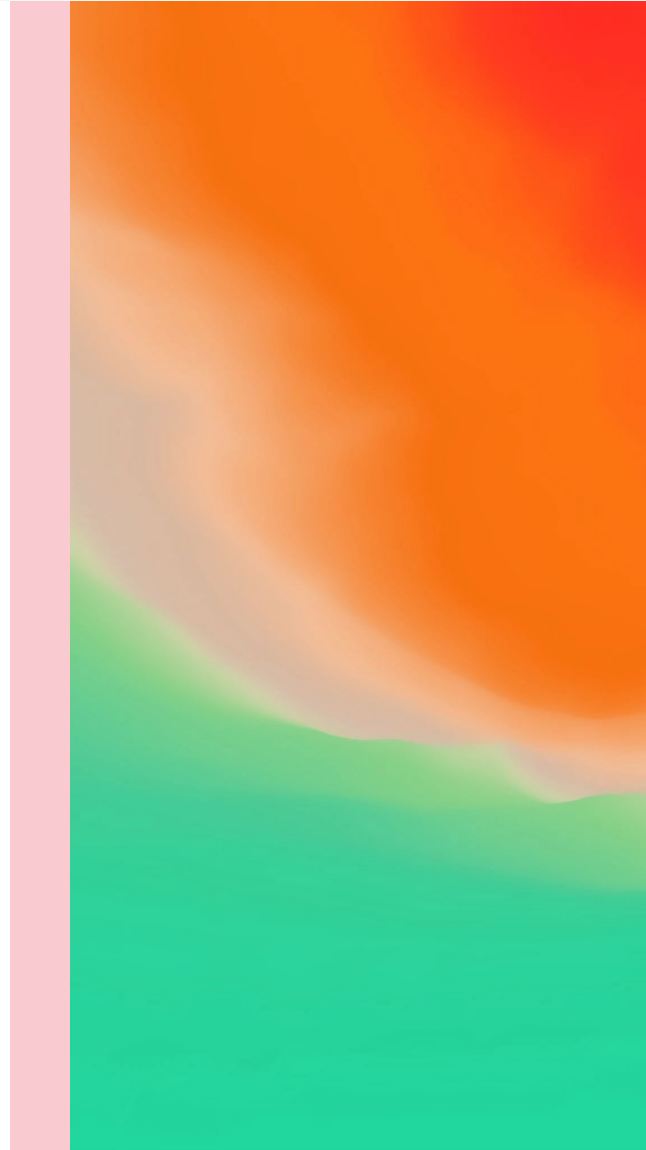


CAREERS IN COUNSELLING AND SOCIAL SERVICES



- The information provided in this document was created by Véronique Fillion, the guidance counselor at Cégep Édouard-Montpetit, and translated and adapted by Marlene Canuel, the guidance counsellor at Champlain Lennoxville.
- This document is intended to provide an exploration of careers in the helping professions. The information presented is subject to change. Before applying for admission, it is essential that you consult the websites and study guides of the universities that offer these programs.
- The aim of the presentation is to list different professional occupations and education programs that could lead you to a career in counseling and social services.

CAREERS IN COUNSELING AND SOCIAL SERVICES



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Programs in counseling and social services

Technical college level

- Specialized Education (Technique in)
- Intervention in delinquency (Technique in)
- Social work (Technique in)
- Nursing

University level

- Neuroscience
- Guidance counselling
- Psycho-education
- Psychology
- Social work
- Sexology
- Nursing

DEC-BAC level

- Special education (DEC-BAC) / Psychoeducation
- Social work (DEC-BAC) / Social work
- Nursing



OCCUPATIONS THAT REQUIRE A TECHNICAL PROGRAM (DEC)

SPECIAL EDUCATION TECHNICIAN

- ♦ A person who intervenes with individuals who are experiencing or who are likely to experience adjustment difficulties related to emotional, physical, intellectual and social disorders in order to allow their social integration or to facilitate their rehabilitation.
- ♦ Among other things, they observe attitudes and behaviors, participate in the analysis of needs, and develop and apply an intervention plan based on daily life, the educational relationship and the helping relationship. They lead individual or group activities and conduct periodic evaluations to follow up with clients.
- ♦ Education: Special Education (Technic in) - Technical College - Training Programs - MonEmploi.com



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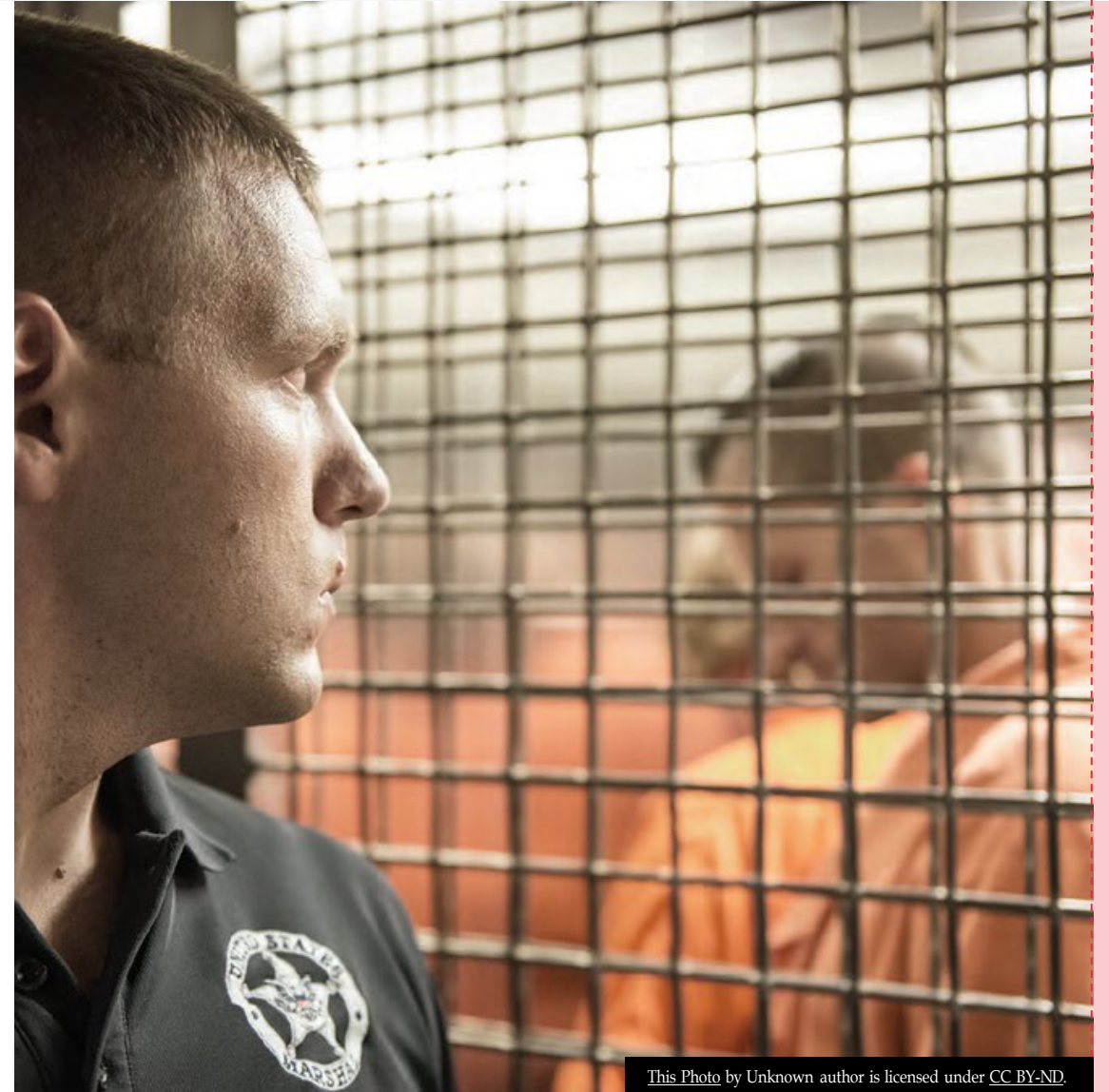
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YOUTH COUNSELLOR

- ♦ A person who works with young people or young adults in difficulty on the street, in a neighborhood or in any other place they may be found. The youth counsellor first tries to develop meaningful relationships by entering the environment and becoming part of the daily life of individuals who may need help. The counsellor identifies specific needs and provides them with direct assistance (listening, moral support, finding a temporary shelter, using local resources for food or other assistance, etc.) or refers them to appropriate assistance programs.
- ♦ The counsellor also intervenes for preventive purposes in order to detect situations conducive to suicide, drug addiction, prostitution, dropping out of school, delinquency, and to encourage individuals to take charge of their lives.
- ♦ Education: [Travailleur de rue - Métiers et professions - MonEmploi.com](#)

CORRECTIONAL SERVICES OFFICER

- ♦ A person who supervises inmates in correctional facilities and other places of detention to maintain order and ensure public safety and security. This includes making surveillance rounds, checking doors and gates, ensuring that security devices are functioning properly, keys and security equipment are secure, monitoring inmate behavior during meals, work, and recreation periods in order to maintain an atmosphere of peaceful coexistence. He escorts inmates during their movements, and prepares reports (admission, conduct) and correctional plans corresponding to the needs of the incarcerated persons. Occasionally supervises and coordinates the work of other correctional officers.
- ♦ Education: [Agent des services correctionnels - Métiers et professions - MonEmploi.com](#)



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DELINQUENCY INTERVENTION TECHNICIAN

- ♦ A person who intervenes with young people or adults who have behavioral problems, signs of social maladjustment, or delinquency and who helps them to better integrate into society. He or she observes and analyzes the behavior of people in difficulty in order to develop an intervention plan adapted to their needs, writes observations or evaluation reports, and prepares and implements various prevention, screening and resocialization programs for people with behavioral or delinquency problems. This person organizes individual or group meetings and provides the support, supervision, and education necessary for the rehabilitation of the persons concerned. He works and intervenes within a multidisciplinary team.
- ♦ Education: [Technicien d'intervention en délinquance - Métiers et professions - MonEmploi.com](#)

STUDENT LIFE ANIMATOR



- ♦ Person who organizes, in collaboration with student groups, social, cultural and sports activities in the school environment, and who supervises their implementation with the aim of creating a pleasant living climate within the institution.
- ♦ The person manages the budget and the implementation of activities (schedules, registration procedures, etc.), according to the human and material resources available and to the needs and interests of the students. They ensure that a variety of activities are organized to encourage the participation of as many students as possible, and that the educational values of the institution are respected during these activities.
- ♦ Education: [Animateur de vie étudiante - Métiers et professions - MonEmploi.com](#)



OCCUPATIONS THAT REQUIRE UNIVERSITY EDUCATION

UNDERGRADUATE (BA) / GRADUATE (MA, Ph.D)

Careers that need an Undergraduate, Master's or Ph.D.

- ♦ Guidance Counselor
- ♦ Criminologist
- ♦ Occupational Therapist
- ♦ Nurse
- ♦ Neuropsychologist
- ♦ Orthopedagogue
- ♦ Speech Therapist
- ♦ Psychoeducation
- ♦ Psychologist
- ♦ Psychotherapist
- ♦ Psychiatrist
- ♦ Sexology
- ♦ Social Worker





GUIDANCE COUNSELLOR

The practice of guidance counselling consists of assessing psychological functioning, personal resources, and environmental conditions, intervening on identity, and developing and maintaining active coping strategies in order to allow personal and professional choices throughout life, to re-establish socio-professional autonomy and to realize career projects for individuals in interaction with their environment.

- REQUIRED TRAINING

- Bachelor's degree in career development or orientation
- The master's degree provides access to the guidance counsellor profession

- REQUIRED QUALITIES

- Listening, analytical skills, open-mindedness, autonomy, discretion, critical thinking, intellectual curiosity

- MORE INFORMATION

- Ordre des conseillers d'orientation du Québec website

CRIMINOLOGIST

The criminologist analyzes and coordinates prevention actions, legislative practices or prison/penitentiary policy with respect to criminalized delinquency and its effects. They intervene in the treatment and care of offenders, victims and at-risk populations. As a professional, he/she is a practitioner who deals with individuals, groups or community settings and criminal justice institutions. The criminologist is called upon to work closely with the police, the courts, prisons and penitentiaries, victims of crime, families and offenders (youth and adults).

- NOT TO BE CONFUSED WITH
 - Criminal Lawyer
 - Forensics Science
- REQUIRED TRAINING
 - [Bachelor's degree in criminology allows one to practice in Quebec](#)
 - Criminology programs are also available at the master's and doctoral levels
- REQUIRED QUALITIES:
 - Autonomy, leadership, open-mindedness, ability to listen, organizational skills, ability to summarize, resistance to stress, observation skills, intellectual curiosity, discretion, dynamism, team spirit, analytical and critical thinking skills



OCCUPATIONAL THERAPIST

An occupational therapist evaluates the consequences of a person's physical and mental health problems on the multiple functions of the body, the positive or negative effect of the physical environment on the activities and the level of autonomy in the performance of these activities. Before defining a treatment or intervention plan, the occupational therapist analyzes the interaction between these elements, because one must orient the means of action on the person as much as on their environment. There is a therapeutic relationship established with the client, based on collaboration and partnership.



- REQUIRED TRAINING

- DEC in Natural Sciences (health)
- [Bachelor of Science in Occupational Therapy \(occupational therapy\)](#)
- The Master's degree in Occupational Therapy gives access to the profession occupational therapist

- REQUIRED QUALITIES

- Listening, observation, analysis, judgement, open-mindedness, critical thinking and creative spirit

- MORE INFORMATION

- [Website of the Ordre des ergothérapeutes du Québec](#)

Orthopedagogue

Person who provides assistance to students, individually or in small groups, who are experiencing difficulties in adapting or learning at school, with a view to facilitating their integration into a regular class. He/She identifies and assesses students' difficulties (spoken or written language, reasoning, psychomotor development) in order to establish a program of study adapted to their needs, teaches reading, writing and other subjects using techniques specific to remedial education, and provides support to teachers and parents. She/He ensures that files are properly followed up, noting each student's progress in detail and referring to other specialists if necessary. He/She may also be called upon to advise on equipment, teaching materials or room layout. He/She must keep abreast of new developments in their field (research, discoveries, innovations) so as to perfect their training and improve their methods of intervention.

- Required Training
 - [BAC in teaching and adaptation](#)
 - Master in School Adaptation (not mandatory)
- Required skills
 - Autonomy, listening skills, courtesy, creativity, diplomacy, discretion, critical thinking, analytical skills, teamwork, initiative, communication skills, adaptability, patience, observational and organizational skills.
- More information:
 - [Ordre des orthopédagogue du Québec](#)



SPEECH THERAPIST

These people assess, diagnose and treat people who have problems with hearing (hearing loss, tinnitus, etc.), the vestibular system (vertigo), communication (speech, language, voice, etc.) or swallowing. Their main responsibilities are to assess language, voice, speech and swallowing by means of various examinations, tests and observations; determine the type and consequences of communication and swallowing disorders; develop and implement intervention plans to correct these disorders or promote autonomous communication; collaborate with an interdisciplinary team.

- REQUIRED TRAINING

- Bachelor's degree in cognitive neuroscience and other bachelor's degrees
- [The master's degree in speech-language pathology gives access to the profession of speech-language pathologist](#)

- REQUIRED SKILLS

- Autonomy, listening skills, courtesy, creativity, diplomacy, discretion, critical thinking, analytical skills, teamwork, initiative, communication skills, adaptability, patience, observational and organizational skills.

- MORE INFORMATION

- [Devenir orthophoniste | OOAQ](#)



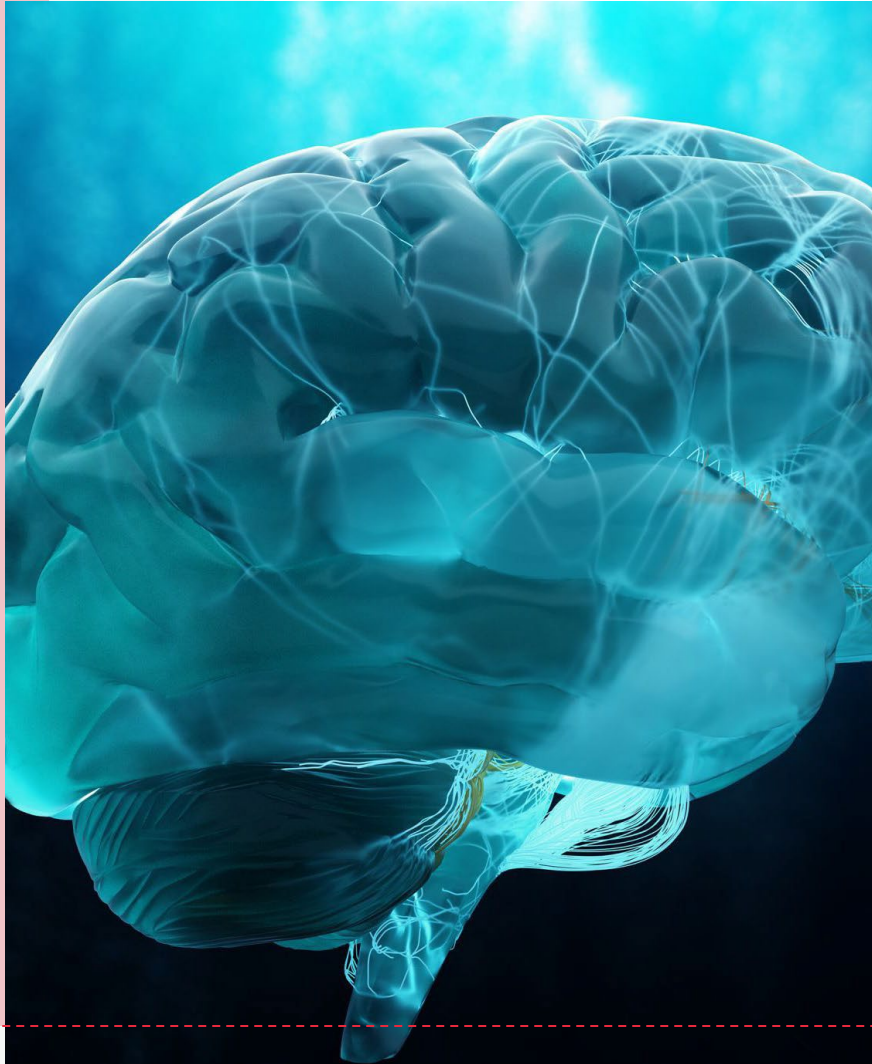
PSYCHOLOGIST

Psychologists study how people think, feel and behave from a scientific perspective and apply this knowledge to help people understand, explain and change their behavior.

- REQUIRED TRAINING:
 - Bachelor's Degree in Psychology
 - What to do with a bachelor's degree in psychology
 - Doctoral degree gives access to the profession of psychology
- REQUIRED QUALITIES :
 - Listening, intellectual curiosity, determination, open-mindedness, maturity, ease of communication
- FIELDS OF EXPERTISE
 - Human behavior, Violence and abuse, Addictions (alcoholism, work, gambling, emotional, drug, medication), Marital and family life (adoption, separation, grief, conflict), Development/education/schooling (assertiveness, hyperactivity, bullying), Workplace issues (harassment, stress, interpersonal problems), Personal difficulties (self-esteem, suicide, personality, anxiety)
- MORE INFORMATION
 - Ordre des psychologue du Québec



NEUROPSYCHOLOGIST



The neuropsychologist's expertise concerns the normal relationship between the brain and behavior, as well as the changes that occur when a medical or psychiatric problem affects the functioning of the brain. The work of the neuropsychologist is primarily focused on the evaluation of neuropsychological disorders, particularly using psychometric tests.

- REQUIRED TRAINING

- DEC in Natural Sciences (health)
- Bachelor's degree in psychology, some universities a specialization in neuropsychology at the undergraduate level
- A doctorate is required to practice as a psychologist and neuropsychologist.

- REQUIRED QUALITIES:

- Listening, intellectual curiosity, determination, open-mindedness and ability to communicate

- MORE INFORMATION

- Website of the Association québécoise des neuropsychologues

PSYCHOANALYST



Psychoanalysis is a process of investigation of unconscious psychic processes that would otherwise be difficult to access. It is also a method of treating neurotic disorders, which are based on the results of this investigation. It finally constitutes a set of psychological conceptions acquired by these means and which joined together, form a new scientific discipline. People who use this approach are called psychoanalysts. The majority of them are also psychologists.

- REQUIRED TRAINING

- Bachelor's degree in psychology
- A doctorate is required to practice as a psychologist

- REQUIRED QUALITIES:

- Listening, intellectual curiosity, determination, open-mindedness, and ability to communicate

- MORE INFORMATION

- The Psychoanalytical Society of Montreal
- Canadian Psychoanalytic Society

PSYCHOEDUCATOR

The practice of psychoeducation consists of assessing adjustment difficulties and adaptive capacities, determining an intervention plan and ensuring its implementation, restoring and adaptive capacities of the individual, and to contribute to the development of environmental conditions to promote the optimal adaptation of the human being in interaction with the environment.

- REQUIRED TRAINING
 - [Bachelor's degree in psychoeducation](#)
 - The master's degree gives access to the profession of psychoeducator
- REQUIRED QUALITIES:
 - Tenacity, listening skills, intellectual curiosity, determination, open-mindedness, maturity, ease of communication, emotional stability, and ability to lead groups.
- MORE INFORMATION
 - [Ordre des psychoéducateurs et psychoéducatrices du Québec \(ordrepsed.qc.ca\)](#)



PSYCHOTHERAPIST

The psychotherapist helps people, individually or in a group, to resolve their personal difficulties or to go through difficult times, with a view of fostering their development and adaptation through a better understanding and knowledge of themselves and their ways of functioning. A specific approach may be used to provide a frame of reference for understanding and working with people. To this end, there is a meeting with clients on a regular basis, encouraging them to express themselves through an open and welcoming attitude. The psychotherapist can work with individuals of all ages or specialize in certain issues or clientele.

■ REQUIRED TRAINING

The title of psychotherapist and the practice of psychotherapy are reserved acts. This means that anyone who is neither a physician nor a psychologist and who wishes to practice psychotherapy and use the title of psychotherapist must hold a psychotherapist's permit issued by the Ordre des psychologues du Québec. The Regulation respecting the psychotherapist's permit sets out the following criteria:

- Be a member of one of the following professional orders:
 - Ordre des conseillers et conseillères d'orientation du Québec
 - Ordre professionnel des criminologues du Québec
 - Ordre des ergothérapeutes du Québec
 - Ordre des infirmières et des infirmiers du Québec
 - Ordre des psychoéducateurs et des psychoéducatrices du Québec
 - Ordre professionnel des sexologues du Québec
 - Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec
- Master's degree in the field of mental health and human relations.
- Have completed 765 hours of university-level theoretical training in psychotherapy. This training must have been acquired either:
 - as part of university studies;
 - as part of training in psychotherapy acquired in a private establishment or from an independent trainer.

Psychiatrists are the only doctors who specialize in the treatment of mental illness. Psychiatrists work in private practice and in hospitals, where they may collaborate with social workers, psychologists, and nurses, among others. By reviewing a person's personal history, he or she will be able to take stock of problems and identify strengths on which to build in order to better adapt to life. Treatment methods include:

- psychotherapy (individual, couple, family or group)
 - medication (antidepressants, sedatives, anxiolytics, antipsychotics, etc.)
 - milieu therapy (hospitalization, therapeutic homes and halfway houses)
-
- **REQUIRED TRAINING:** Specialist in psychiatry.
 - In Quebec, medical training consists of two complementary stages:
 - The first stage is the 1st cycle doctorate in medicine (compulsory general training lasting 4 or 5 years, depending on the educational institution).
 - The second stage is postdoctoral study, or residency training, which leads to the right to practice medicine – which leads to the right to practice as a specialist in psychiatric medicine recognized by the Collège des médecins du Québec (5 years). The residency consists mainly of practical training. These internships are remunerated according to an agreement between the Fédération des médecins résidents du Québec (FMRQ) and the Quebec government.
 - **MORE INFORMATION**
 - [Association des médecins psychiatres du Québec \(ampq.org\)](http://ampq.org)

PSYCHIATRIST



SEXOLOGIST

The scope of practice of sexologists is to assess a person's sexual behavior and development, to determine – recommend - carry out interventions, and treatments with the aim of promoting better sexual balance in their environment.

- REQUIRED TRAINING
 - Bachelor's degree in sexology the Ordre professionnel des sexologues du Québec.
 - University master's degree in sexology - (not mandatory)
- REQUIRED SKILLS
 - Autonomy, listening skills, creativity, intellectual curiosity, diplomacy, discretion, critical mind, analytical skills, initiative, ability to summarize, communication skills, adaptability, open-mindedness, patience, perseverance, versatility, stress resistance, determination, sense of observation, organizational skills, sense of responsibility and maturity.
- MORE INFORMATION
 - Accueil - OPSQ
 - Association des sexologues du Québec



They are distinguished by their contextual analysis of the person's social situation, which is reflected in their assessment. The social worker assesses social functioning from the perspective of interaction between the person and his or her environment, incorporating critical reflection on the social aspects that influence the situations and problems experienced by the person. This person may be an individual, a couple, a family or a community. As for the environment, it involves the person's living environment, the networks to which he or she belongs, his or her social roles, as well as material and societal conditions. These dimensions are the object of the social worker's analysis, reflection and intervention. They are based on the defense of human rights and the promotion of the principles of social justice. Social workers aim to foster and strengthen the power of individuals and communities to exercise their rights, fulfill their social roles, develop interpersonal relationships and participate as citizens in social development.

- REQUIRED TRAINING

- Bachelor's degree gives access to the profession of social worker
- Master's degree in social work (not mandatory)

- REQUIRED SKILLS

- Ability to listen, open-mindedness and openness to difference, sense of responsibility, empathy, stress resistance, mature and altruistic.

- MORE INFORMATION

- OTSTCFQ | Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec.

SOCIAL WORKER



NURSE



NURSING TECHNICIAN

- The practice of nursing consists of assessing a person's health status, determining and determine and ensure the implementation of the nursing care and treatment plan, provide nursing and medical care and medical care and treatment for the purpose of maintaining health, restoring health and preventing illness, and to provide palliative care.

GENERALIST CLINICAL NURSE

- The graduate of this program plans and provides the care necessary to restore or maintain the well-being of patients. He/she monitors health status, administers treatments as prescribed by the physician, observes reactions and follows the medical record. He/she promotes health, prevents illness, recovers and rehabilitates.

Source: L'Ordre des infirmières et infirmiers du Québec

SPECIALIZED PRACTITIONER NURSE (SPN)

- Is a registered nurse with additional medical and nursing roles. This professional has the skills necessary to assess health status, prescribe and interpret diagnostic tests, prescribe medical treatments and medications, and apply certain techniques that may be harmful to a wide variety of clients. Promotes health through healthy lifestyles and health management. He/She works in partnership with the client and family, as each person is unique. In summary, the nurse practitioner assesses and supports the health of the whole person. In order to do this, they may prescribe and manage treatment for people of all ages and backgrounds.

Source: Association of Nurse Practitioners



NURSE

- Required Training
 - DEC Technic in Nursing
 - BAC Nursing Sciences (need DEC in Natural Sciences)
 - Master of Science in Nursing - Advanced Practice (to become a specialized nurse practitioner (SNP))
 - Pass the Ordre des infirmières et infirmiers du Québec exam to obtain the right to practice
- MORE INFORMATION
 - [Ordre des infirmières et infirmiers du Québec | OIIQ](#)
 - [Infirmier - Métiers et professions - MonEmploi.com](#)

- Association des orthopédagogues du Québec - www.ladoq.ca
- Association québécoise des neuropsychologues – www.aqnp.ca
- Association des sexologues du Québec - www.associationdessexologues.com
- Information sur le marché du travail: [Explorer des métiers et des professions | Gouvernement du Québec \(quebec.ca\)](http://www.gouvernement.qc.ca/marche-du-travail)
- Ordre des conseillers d'orientation du Québec - www.orientation.qc.ca
- Ordre des psychologues du Québec - <https://www.ordrepsy.qc.ca>
- Ordre des travailleurs sociaux et thérapeutes conjugaux et familiaux du Québec - www.otstcfq.org
- Ordre des orthophonistes et audiologistes du Québec - www.ooaq.qc.ca
- Société psychanalytique de Montréal - www.psychanalysemontreal.org
- Société canadienne de psychologie – www.cpa.ca
- Association des médecins psychiatres du Québec - www.ampq.org
- Dictionnaire septembre des métiers et professions - Septembre éditeur 2005