

Media release

For immediate release

Saint Paul University proudly celebrates the 40th anniversary of its Counselling and Psychotherapy Centre

OTTAWA, September 26, 2014 – Saint Paul University (SPU) is proud to celebrate the 40th anniversary of its Counselling and Psychotherapy Centre. One of the first centres of its kind in Ottawa, the Centre has offered a range of bilingual services to over 10,000 clients from the Ottawa and Gatineau communities since its inauguration in 1974.

The Centre welcomes a diverse clientele for individual or couples therapy dealing with various issues, such as anxiety disorders (including post-traumatic stress disorder), mood disorders (notably depression), relationship problems, and personal growth. Services are provided by counselling interns (SPU students in master's or PhD programs in Counselling and Spirituality) who are supervised by qualified clinical supervisors (psychotherapists, social workers and psychologists), and service fees are determined using a sliding scale based on the client's financial situation. The Centre is a remarkable example of community partnership and support.

What: *40th Anniversary of the Counselling and Psychotherapy Centre at Saint Paul University*
When: September 29 to October 3, 2014, from 10 a.m. to 12 p.m. and 3 p.m. to 5 p.m.
Where: Saint Paul University, 223 Main Street, Ottawa

Highlights of the celebration will include a showcase of the Centre's history and displays designed to increase awareness of mental health issues.

"One of the goals of this 40th anniversary celebration is to thank the Ottawa and Gatineau communities—clients, counselling partners and students—for their ongoing support of our services. Without them, we would be unable to continue the cycle of helping those in need and training the psychotherapists of tomorrow," said Michael Machan, Professional Services Coordinator of the Centre.

For additional information about SPU's Counselling and Psychotherapy Centre, please visit our [website](#).

Saint Paul University (1848) is the founding college of the University of Ottawa, with which it has been federated since 1965. Bilingual, it offers programs in canon law, conflict studies, counselling and psychotherapy, human relations and spirituality, public ethics and philosophy, social communication and leadership, and theology.

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For more information:

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