

CONTROLLED ACT OF PSYCHOTHERAPY



December 21, 2017

Dear CRPO stakeholder:

As you are likely aware, the Ontario government has proclaimed the controlled act of psychotherapy. They have included a transition period of two years, beginning December 31, 2017, so that individuals may become registered with the appropriate colleges or change their practices so that they do not perform the controlled act of psychotherapy. By the end of the two-year transition period, anyone performing the controlled act of psychotherapy must be registered with one of the six colleges whose members are eligible to do so (College of Registered Psychotherapists of Ontario, College of Psychologists of Ontario, Ontario College of Social Workers and Social Service Workers, College of Nurses of Ontario, College of Occupational Therapists of Ontario, and College of Physicians and Surgeons of Ontario).

As noted in the [Health Bulletin](#), CRPO has been tasked by the Minister of Health and Long-Term Care with providing further clarity on the practice of psychotherapy. We will be doing the necessary work over the next six months.

Without a thorough review of a full application, we cannot determine if one's practice involves the provision of psychotherapy that falls outside the controlled act or if your combination of education and training and experience would meet the criteria for registration. This review process has been developed to ensure that each applicant has the opportunity to provide CRPO with all relevant information required.

When considering if you should apply for registration with CRPO, please review the [clarification document](#) as well as the [Applying to CRPO](#) page of our website, which outlines the competencies as well as the requirements to qualify for registration as a Registered Psychotherapist (RP). If you believe that your practice may involve the provision of psychotherapy as it is contemplated by the controlled act (i.e. you are treating by psychotherapeutic techniques, delivered through a therapeutic relationship, cognitive, emotional or behavioural disturbances that may seriously impair an individual) then your work falls within the scope of practice and you will be required to register/remain a member. Moreover, if you are using the title "psychotherapist", "Registered Psychotherapist" or any abbreviation thereof, or if you are holding yourself out as qualified to practice as a psychotherapist in Ontario (no matter what title you may use), you are required to be a member.

We will continue to communicate any updates about the controlled act with our stakeholders as they become available.