

# Companion Document for Registered Psychotherapists

## Background

In determining the categories of prescribed therapies that involve the practice of psychotherapy, CRPO considered the significant evolution in the field over the past several decades. Operating from the position that models are orienting frameworks used to help guide or inform clinicians in their therapeutic conversations, CRPO has identified five broad categories of prescribed therapies:

- Cognitive and Behavioural therapies
- Experiential and Humanistic therapies
- Psychodynamic therapies
- Somatic therapies
- Systemic and Collaborative therapies

All psychotherapeutic modalities used by Registered Psychotherapists (RP) should fall within these categories. Based on the extensive work that has been completed to review the applications of some 7,000 individuals (approximately 6,000 of whom have been deemed to meet the entry-to-practice requirements and to be working within the scope of practice for psychotherapy), CRPO is confident that this framework will allow RPs to situate their own practices within the categories of prescribed therapies. All RPs will be competent in and able to draw from one or more of the categories to provide safe, effective and ethical care within the setting of a formal and clearly observable psychotherapeutic relationship.

## Prescribed Therapies

### Inclusive Models

The following are examples of therapy modalities that fall under the five categories of psychotherapy that will be listed in regulation. ***These examples are not intended to be exhaustive, rather they are intended to help RPs situate their own practices within what are intended to be broad categories.*** CRPO is aware that some of these modalities could reasonably be seen as being part of more than one of the five categories or considered to be more accurately reflected in a category other than the one in which CRPO has situated it for the purposes of this document.

#### Cognitive and Behavioural Therapies

- *Acceptance and Commitment Therapy*
- *Cognitive Behaviour Therapy*
- *Dialectical Behaviour Therapy*
- *Exposure Therapy*
- *Mindfulness Based Cognitive Therapy*
- *Rational-Emotive Therapy*
- *Schema Therapy*

#### Experiential and Humanistic Therapies

- *Art Therapy*
- *Emotion-Focused / Emotionally-Focused Therapy*
- *Gestalt Therapy*
- *Multi-cultural Therapy*
- *Music Therapy*
- *Play Therapy*
- *Psychodrama*
- *Rogerian Person Centred Therapy*

- *Spiritually Integrated Psychotherapy*
- *Satir Transformational Systemic Therapy*
- *Sex Therapy*

#### **Psychodynamic Therapies**

- *Adlerian Therapy*
- *Existential Therapy*
- *Psychoanalytic Psychotherapy*
- *Interpersonal Psychotherapy*
- *Jungian Analysis*
- *Object Relations Psychotherapy*
- *Reichian Therapy*
- *Relational Psychotherapy*

#### **Somatic Therapies**

- *Biofeedback*
- *Ericksonian Hypnosis*
- *Emotional Freedom Therapy*
- *Eye Movement Desensitization Reprocessing*
- *Neurolinguistic Programing*
- *Sensory Motor Therapy*
- *Somatic Experiencing*

#### **Systemic and Collaborative Therapies**

- *Dialogic Therapy*
- *Family Systems Theory*
- *Multi-systemic Therapy*
- *Narrative Therapy*
- *Solution Focused Therapy*
- *Strategic and Structural Therapies*

## Activities that Do Not Constitute the Controlled Act of Psychotherapy

CRPO has developed a list of activities that are deemed to be *outside* the controlled act of psychotherapy. Psychotherapists may do some of these activities. However, a provider who undertakes these activities in isolation or in the absence of a formal psychotherapeutic relationship is not practising psychotherapy. These activities include, but are not limited to:

- Advocating
- Applied Behavioural Analysis
- Case management
- Clinical follow-up/care and discharge planning
- Coaching
- Coordinating
  - *parental coordination*
- Counselling and support
  - *advising / advice giving*
  - *instruction*
  - *assisting in resolution of dilemmas*
  - *assisting in improvement of coping strategies*
- Crisis intervention/management
  - *de-escalation*
  - *safety planning*
  - *referral to other services*
- Hypnotherapy
  - *smoking cessation*
- Information/advice and knowledge transfer
  - *instructing*
- Intake and referral
- Mediating
- Milieu therapy / milieu-based interventions
- Monitoring
- Problem solving
  - *information and advice giving*
  - *12 step program*
  - *social skill development*
  - *instruction*
  - *emotional regulation*
- Psychometric testing and assessment
- Rehabilitation
  - *helping an individual to deal with the physical symptoms of a medical illness*
  - *resuming activities of daily life*
  - *learning or relearning skills that assist in carrying out the activities of daily life*
- Single session counselling
- Spiritual or faith guidance/counselling
- Teaching
  - *social skill development*
  - *emotion regulation*
  - *prescriptive programs*