

Draft Regulation: Categories of Prescribed Therapies Involving the Practice of Psychotherapy

College of Registered Psychotherapists of Ontario
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Ontario Regulation

1. The following are the categories of prescribed therapies involving the practice of psychotherapy:

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

Context for the Regulation

In developing this regulation, CRPO is working under authority drawn from section 11 of the *Psychotherapy Act, 2007*: the “Council may make regulations prescribing therapies involving the practice of psychotherapy, governing the use of prescribed therapies and prohibiting the use of therapies other than the prescribed therapies in the course of the practice of psychotherapy.”

By law, the language of the regulation must be aligned with this authorizing statute and so uses the term “prescribe” in the legal sense (“to state”) rather than in the clinical sense (“to order”) when listing the requirements related to the therapies that involve the practice of psychotherapy.

This regulation applies to all psychotherapy performed by Registered Psychotherapists (RP), both in the provision of the controlled act as it is embedded in psychotherapy and the broader scope of practice.

Two types of practitioners can operate under exceptions or exemptions to the regulation found in the *Regulated Health Professions Act*. Specifically, practitioners who are:

- individuals treating a person by prayer or spiritual means in accordance with the tenets of the religion of the person giving the treatment;
- Indigenous persons providing traditional healing to other Indigenous persons or members of an Indigenous community.

Registered Psychotherapists will be competent to use a treatment approach or modality that is part of one or more of the prescribed categories, or to use them in an integrative approach. The five categories in the regulation draw on both the history and recent developments in the field of psychotherapy. CRPO’s position is that all RPs will be able to find the origins of their practice in one of these broad categories.

Practitioners who are not able to trace their modality back to one of the prescribed categories are likely not working within the scope of psychotherapy and so would not need to be registered with CRPO or one of the other regulatory colleges whose members are authorized to provide the controlled act. Those who do see their modality reflected may need to seek registration or restrict their practice to refrain from performing the controlled act of psychotherapy before the end of the transition period on December 31, 2019. CRPO has developed a policy on Activities that are Not Part of the Controlled Act of Psychotherapy, and a Self-Assessment Tool for Unregulated Practitioners (both of which are included in this submission) to assist individuals in determining if they are working within the scope of psychotherapy and if they are providing the controlled act .