

UPDATE FROM THE TRO – COLLEGE OF PSYCHOTHERAPY WORKING GROUP:

March 2016

This update is provided by the TRO – College of Psychotherapy Working Group (CPWG) and is designed to inform you of the status of the Psychotherapy Act and potential implications for TR practitioners. Please click on any of the underlined hyperlinks for further information.

Background:

The [Psychotherapy Act, 2007](#) was proclaimed by the Ontario Government on April 1, 2015, bringing the [College of Registered Psychotherapists and Registered Mental Health Therapists \(CRPO\)](#) of Ontario into full operation as a regulatory college and protecting the title of “Psychotherapist”. The scope of practice of psychotherapy is the assessment and treatment of cognitive, emotional or behavioural disturbances by psychotherapeutic means, delivered through a therapeutic relationship based primarily on verbal or non-verbal communication. 2007. C. 10, Sched R, s.3.

Proclamation by the Ontario government of the controlled act of psychotherapy has been postponed. Postponement provides the time necessary to develop a better understanding of the implications of the controlled act on the broader mental health care sector of Ontario. Representatives of the College along with the five other regulatory colleges (nurses, occupational therapists, physicians, psychologists and social workers) met to clarify its meaning and a [recommendation about the Controlled Act is before the Ministry of Health and Long Term Care.](#)

TRO’s Response:

In August 2015, the TRO board of directors formed the TRO – College of Psychotherapy Working Group at the request of members who were concerned about the controlled act of psychotherapy and its broad definition and overlap with other areas such as Therapeutic Recreation (TR). In particular, there was concern for TRO members who work in mental health and addictions and who have additional training in techniques such as mindfulness, Cognitive Behaviour Training (CBT), or Dialectical Behaviour Therapy (DBT). While not applicable to all TR professionals, some employers have been reviewing the legislation and giving consideration as to whether their TR staff should register.

Since August 2015, the Working Group invested a considerable amount of time in researching the issue and connecting with other disciplines to learn how they were responding. *(See Quick Facts below for details.)*

The Working Group has asked CRPO for clarification of the controlled act, specifically, which modalities may be impacted. They are unable to respond at this time. We hope there will be greater clarification once the Ministry responds to the recommendation mentioned above.

In considering who should register, the following is excerpted from the CRPO's website:

Who needs to register?

*Anyone whose work falls within the [scope of practice of psychotherapy](#), and who is not already registered with another Ontario regulatory college whose members can practise psychotherapy (see *Psychotherapists as regulated health professionals*, above), should consider becoming a Member of the new College. Those described below must be registered:*

- *anyone using the title "psychotherapist" or any abbreviation thereof; or*
- *anyone holding her/himself out as qualified to practice as a psychotherapist in Ontario (no matter what title s/he may use).*

There is no need for counsellors whose work falls outside the scope of practice of psychotherapy to become registered. The College recognizes that there is a significant overlap between certain kinds of counselling and psychotherapy. Please see the [distinction between psychotherapy and counselling](#), as formulated by the Health Professions Regulatory Advisory Council (HPRAC).

TRO-College of Psychotherapy Working Group Opinion:

Based on what we know at this time, it is the opinion of the Working Group that TR practitioners do not need to register if the work they are doing falls outside of the scope of practice of psychotherapy and that they are doing counselling only. TR practitioners individually may also wish to evaluate their job descriptions with managers.

However, if you feel that you are practising within this realm and are considering registering, please note that there is an opportunity to register with the College [during a grandfathering period](#) which ends March 31, 2017. Be advised that the registration requirements after the grandfathering period will be more challenging. Click [here](#) for further information about the registration application process.

The Working Group will continue to monitor the controlled act and will forward additional updates to TRO members as we become aware of them. Furthermore, we strongly encourage TRO members who want further information to attend the scheduled breakfast session with Joyce Rowlands, Registrar of the College of Registered Psychotherapists. The session will take place at the TRO Conference at 8:00am on Thursday, June 2, 2016 at the Crowne Plaza Hotel in Kitchener.

If you have any questions, please forward them to Rozalyn Werner-Arcé at ed@trontario.org or call 416-407-4014.

QUICK FACTS: UPDATE FROM TRO – COLLEGE OF PSYCHOTHERAPY WORKING GROUP

TIMELINE OF EVENTS

April 2015

- The *Psychotherapy Act, 2007* was proclaimed by the Ontario Government, bringing the College of Registered Psychotherapists and Registered Mental Health Therapists (CRPO) of Ontario into full operation as a regulatory college and protecting the title of “Psychotherapist”
- Proclamation of the controlled act, however, has been postponed. Postponement will provide the time necessary to develop a better understanding of the implications of the controlled act on the broader mental health care sector of Ontario.

August 2015

- TRO board of directors formed the TRO – College of Psychotherapy Working Group at the request of members who were concerned about the controlled act of psychotherapy and its broad definition and overlap with other areas such as Therapeutic Recreation (TR).

Since August 2015

- Working Group invested a considerable amount of time in researching the issue and connecting with other disciplines to learn how they were responding.
- The Working Group has asked CRPO for clarification of the controlled act, specifically, which modalities may be impacted. They are unable to respond at this time.

February 2016

- TRO Working Group opinion that TR practitioners do not need to register if the work they are doing falls outside of the scope of practice of psychotherapy and that they are doing counselling only. TR practitioners individually may also wish to evaluate their job descriptions with managers.
- If you feel that you are practising within this realm and are considering registering, please note that there is an opportunity to register with the College during a grandfathering period.

Thursday, June 2, 2016

- Scheduled breakfast session with Joyce Rowlands, Registrar of the College of Registered Psychotherapists at TRO conference.

March 31, 2017

- Opportunity to register with the College during a **grandfathering period ends**.