



CRPO / OPAO

College of Registered Psychotherapists of Ontario
Ordre des psychothérapeutes autorisés de l'Ontario

September 14, 2017

Christine Gaitens
President
Ontario Association of Child and Youth Care
Email: President@oacyc.org

Dear Ms. Gaitens,

Further to our meeting, I am providing you with a summary of our discussion about the controlled act and how CRPO will approach its proclamation.

As you know, until proclamation, anyone may perform the controlled act. CRPO is aware that there are often unregulated providers who are involved in the care of individuals where those individuals may be receiving the controlled act of psychotherapy from a regulated member of their care team. These unregulated providers do important work and make meaningful contributions to the health and well-being of those who are recipients of care. These contributions can include - but are not limited to - activities or interventions such as those that help to foster life skills, teach techniques for coping with acute situations, provide immediate support as well as follow up referrals, and facilitate crisis intervention or de-escalation.

While CRPO acknowledges the value and importance of the work done by unregulated providers, we are of the opinion that they are not providing the controlled act of psychotherapy, where the intention is to engage in a structured, formal, supportive interchange for the purpose of assessing and/or treating disturbances related to cognition, emotion, decision-making, relationships, or behaviour.

Once the controlled act is proclaimed, CRPO will take a risk-based approach toward enforcing compliance with provisions respecting the controlled act of psychotherapy. The following criteria indicate a low risk of harm to the public. In general, CRPO does not plan to take enforcement action with respect to individuals who:

1. are appropriately trained in an unregulated mental health field
2. practise within their scope of practice
3. belong to a recognized professional association in their field
4. work under appropriate supervision
5. are employed within a publicly funded or accountable organization
6. are not using the titles "psychotherapist", "Registered Psychotherapist" or any abbreviation thereof

I do hope that this information is useful to you.

Thank you again for taking the time to meet with me. I would be happy to reconnect once we have more information regarding the timing of the proclamation.

Sincerely,

A handwritten signature in cursive script that reads "D Adams".

Deborah Adams, MA, MHSc, CHE
Registrar