



# Information Session with CRPO

Wednesday, January 16, 2019

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Manager, Registration

# Presentation Outline

1. What is a Regulatory Health College?
2. Background on Psychotherapy
3. Psychotherapy Education Programs
4. Membership with CRPO

# Regulatory Health Colleges

- 26 regulatory health colleges in Ontario that regulate 29 professions
- They are not educational institutions
- Other organizations call them licensing boards
- The *Regulated Health Professions Act, 1991* (RHPA) is legislation that governs Ontario's regulated health colleges
- Each profession also has it's own professional statute, e.g. *Psychotherapy Act, 2007*

Audiologists

Chiropodists

Chiropractors

Dental Hygienists

Dental Technologists

Dentists

Denturists

Dietitians

Homeopaths

Kinesiologists

Massage Therapists

Medical Laboratory  
Technologists

Medical Radiation  
Technologists

Midwives

Naturopaths

Nurses

Occupational Therapists

Opticians

Optometrists

Pharmacists and Pharmacy  
Technicians

Physicians and Surgeons

Physiotherapists

Podiatrists

Psychologists and  
Psychological Associates

Registered Psychotherapists

Respiratory Therapist

Speech-Language  
Pathologists

Traditional Chinese Medicine

# Role of Regulatory Health Colleges

Mandate = protect the public interest

- developing requirements for entry-to-practice
- developing professional practice standards and code of ethics
- requiring professional development
- investigating misconduct, incompetence, or incapacity
- maintain public register of members

# Provinces that Regulate Psychotherapists

- Ontario
- Quebec
- New Brunswick
- Nova Scotia
- Alberta

# When Did Ontario Start Regulating Psychotherapists?

- The *Psychotherapy Act, 2007* was proclaimed by the Ontario Government on April 1, 2015
- The controlled act of psychotherapy was proclaimed December 30, 2017

# Scope of Practice of Psychotherapy

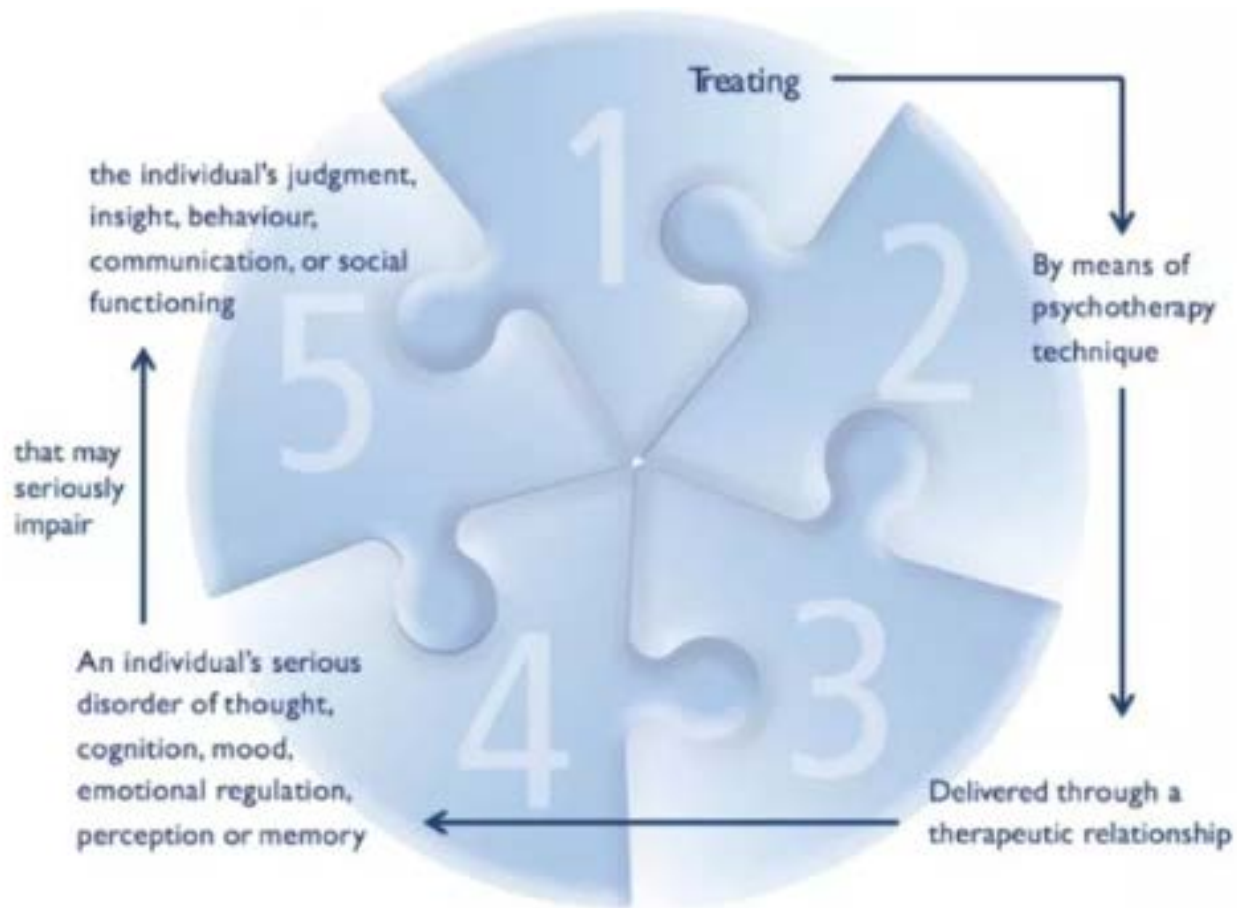
The practice of psychotherapy is the assessment and treatment of cognitive, emotional or behavioural disturbances by psychotherapeutic means, delivered through a therapeutic relationship, based primarily on verbal or non-verbal communication.



# What is a Controlled Act?

- Specific health procedure that is potentially dangerous and should only be performed by a properly qualified professional
- 14 controlled acts
- Examples: communicating a diagnosis, administering a substance by injection or inhalation, prescribing a hearing aid

# Controlled Act of Psychotherapy



# Who Can Practise Psychotherapy in Ontario?

- Registered Psychotherapists
- Psychologists/Psychological Associates
- Physicians
- Nurses
- Occupational Therapists
- Social Workers/Social Service Workers

# Title Protection

- Only CRPO members can use the title Registered Psychotherapist (RP)
- Members of the five other colleges in Ontario can use the title psychotherapist

# Other Reasons to Become Registered

- Professional recognition and identity
- Possible employer expectations
- Possible 3rd party insurance coverage for services

# Psychotherapy Profession Overview

## Where do psychotherapists work?

- Private practice, hospitals, agencies, schools

## Who are their clients?

- Individuals, couples, families, groups

## What therapeutic approaches are used?

- Cognitive and behavioural therapies, experiential and humanistic therapies, psychodynamic therapies, somatic therapies, systemic and collaborative therapists

# CRPO Snapshot



5,475 RPs



462 RP Qualifying



107 Inactive

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6,044 members

2016 - 2017

**4,004**  
members

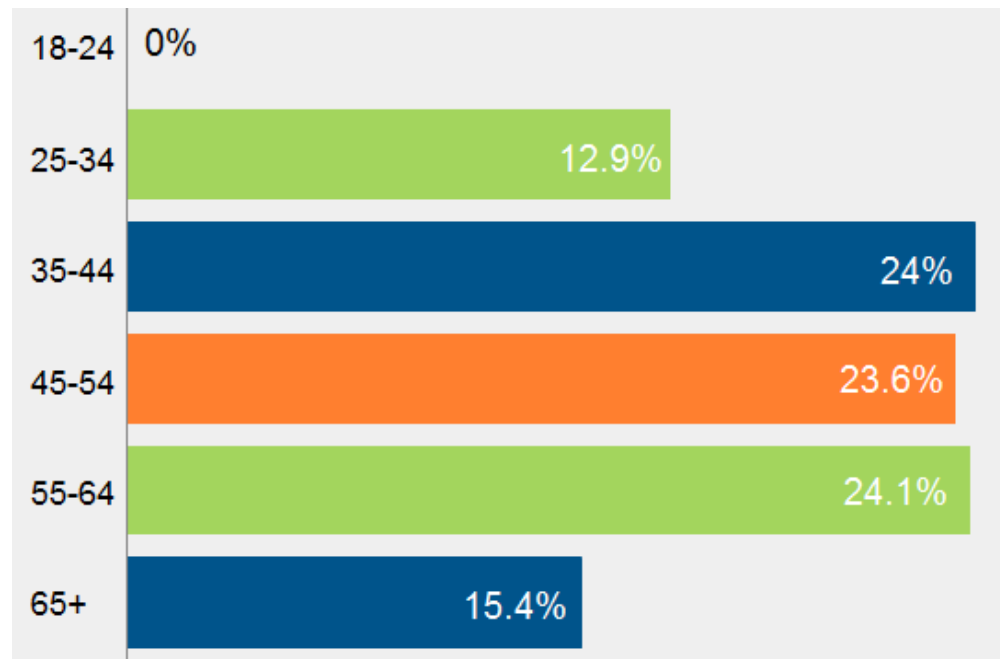
2017 - 2018

**6,044**  
members

**50.9%**

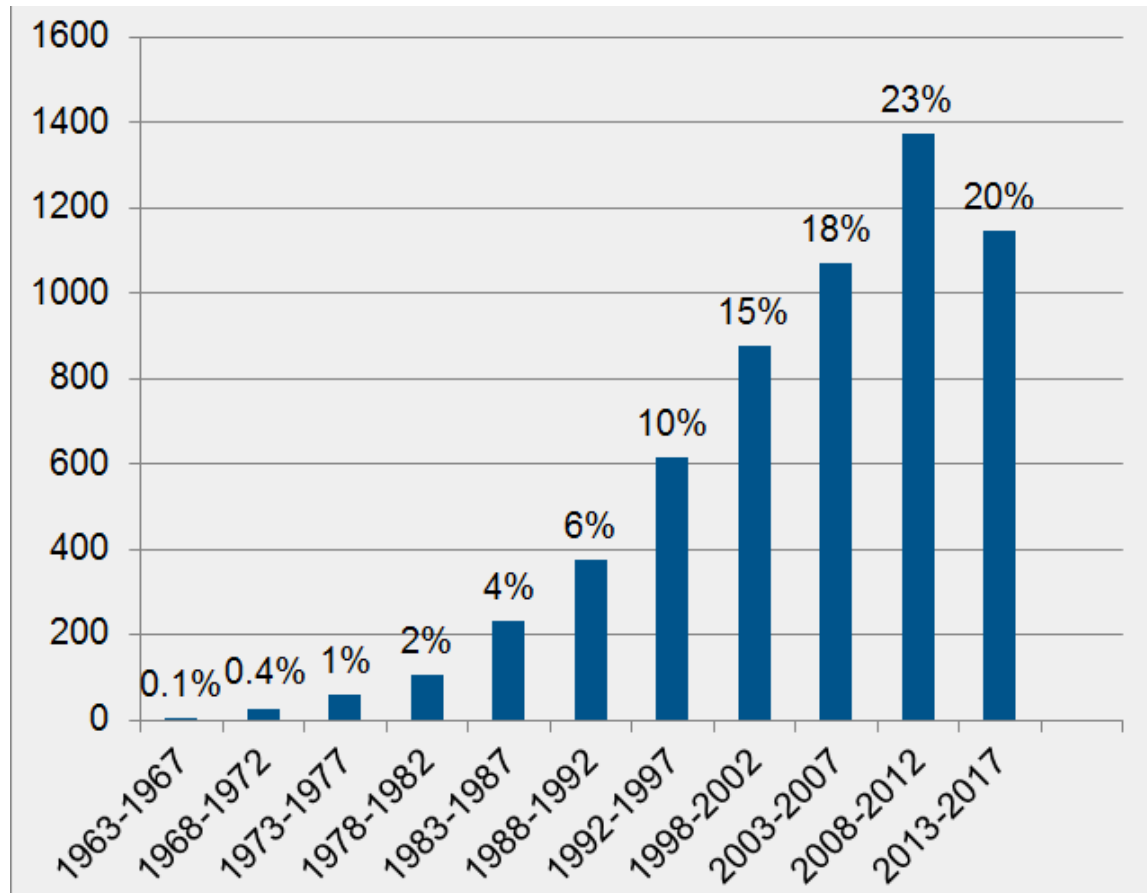
membership growth in 1 year

# CRPO Snapshot





# CRPO Snapshot



# CRPO Recognized Education Programs

15 Recognized programs:

- University and private training programs
- Two to five years in length
- Online and in person

# Recognized University Programs

- University of Guelph – M.Sc. Couple and Family Therapy Program
- University of Toronto/OISE – Masters of Education in Counselling Psychology – Counselling and Psychotherapy
- Western University – Master of Arts in Counselling Psychology
- Yorkville University – Master of Arts in Counselling Psychology (online)

# Recognized University Programs

- Martin Luther University College (formerly Waterloo Lutheran Seminary) – Master of Arts in Theology – Spiritual Care and Psychotherapy
- Saint Paul University Master of Arts in Counselling and Spirituality/Maîtrise ès arts en Counselling et Spiritualité
- Toronto School of Theology – Master of Pastoral Studies, Spiritual Care and Psychotherapy Certificate
- Tyndale University – Master of Divinity – Counselling Major – Clinical Stream

# Recognized Private Training Programs

- Canadian Institute for Child and Adolescent Psychoanalytic Psychotherapy – Diploma for Child and Adolescent Psychoanalytic Psychotherapist
- Centre for Training in Psychotherapy – Diploma of The Centre for Training in Psychotherapy
- Gestalt Institute of Toronto – Five-Year Training Program
- Ontario Psychotherapy and Counseling Program – Diploma in Psychotherapy with focus on Psychodynamic Therapy

# Recognized Private Training Programs

- Toronto Art Therapy Institute – Graduate Level Diploma in Art Therapy
- Toronto Institute of Psychoanalysis – Certificate of Graduation as Psychoanalyst
- Toronto Institute for Relational Psychotherapy – Diploma,  
Toronto Institute for Relational Psychotherapy

# Registration Requirements

- Master's level program central to psychotherapy
- Jurisprudence e-Learning Module
- Fluent in English or French
- “Current” in the profession
- Good character
- Professional liability insurance

# Membership Categories

**RP (Qualifying)**



**RP without independent practice**



**RP with independent practice**



# Membership Categories

## Registered Psychotherapist (Qualifying)

- Complete education
- Accumulate clinical experience (450 direct client contact and 100 clinical supervision hours)
- Practice with regular clinical supervision
- Pass Registration Examination



# Membership Categories

## Registered Psychotherapist without independent practice

- Accumulate clinical experience (1000 direct client contact and 150 clinical supervision hours)
- Practice with regular clinical supervision

## Registered Psychotherapist with independent practice

- Not required to practice with clinical supervision

# Professional Obligations

- Annual fee and renewal form
- Participate in Quality Assurance Program
- Ensure information on the Public Register is current and use correct credentials in professional practice and in any advertising or promotional materials
- Hold professional liability insurance

# Professional Obligations

- Abide by Professional Practice Standards
- Cooperate with the College in the event a complaint is alleged
- Mandatory self-reporting of certain events to the College and mandatory reporting of certain information to the College about a member

# Questions?

Website: [www.crpo.ca](http://www.crpo.ca)

Email: [info@crpo.ca](mailto:info@crpo.ca)

Please complete the feedback survey!