



Proclamation of Controlled Act of Psychotherapy

To: Presidents and All Members

From: Harvey Bischof, President

For Information

The controlled act of psychotherapy was proclaimed on December 30, 2017. As a result, provisions in the *Regulated Health Professions Act*, 1991 (the "RHPA") have been made:

- setting out the controlled act of psychotherapy
- restricting who can perform it to members of certain regulated professions (psychotherapists, nurses, occupational therapists, physicians, psychologists, and social workers).

The controlled act is defined in the legislation as "Treating, by means of psychotherapy technique, delivered through a therapeutic relationship, an individual's serious disorder of thought, cognition, mood, emotional regulation, perception or memory that may seriously impair the individual's judgment, insight, behaviour, communication or social functioning."

There are five components in the controlled act and all must be met for someone to be considered to be performing the controlled act:

1. The person must be treating a client.
2. The person must be applying a psychotherapy technique.
3. The person must have a therapeutic relationship with the client.
4. The client must have a serious disorder of thought, cognition, mood, emotional regulation, perception or memory.
5. This disorder may seriously impair the client's judgment, insight, behaviour, communication or social functioning.

It is possible to perform psychotherapy but not the controlled act of psychotherapy. For example, if only four of the above components apply, this would not be considered the controlled act.

Although this act was proclaimed, there will be a two-year exemption until the end of 2019 before the controlled act is enforced.

A meeting has been arranged with the Ministry of Health to determine the impact of this new legislation on our members. Additional information will be provided as it becomes available.

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