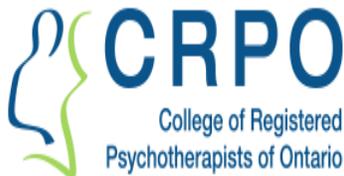


From: College of Registered Psychotherapists of Ontario <s.hikel@crpo.ca>

Sent: October 8, 2019 1:27 PM

To: newsletter@cacpt.com

Subject: CRPO Communiqué - October 2019



Communiqué

October 2019

[version française](#)

This month: Controlled Act, QA Deadlines & Reg Exam Resources

Election Updates

Radhika Sundar was recently elected to CRPO Council in the District 6 – Central West. We are pleased to have Radhika join us at the Council table.

CRPO is now accepting nominations from Registered Psychotherapists whose primary practice site or residence (if not practising) is in District 7 (Central). Nominations must be received by October 17, 2019 at 12:00 noon. Not sure if you want to run? Check out some of these useful resources to help you decide:

- [Candidate Information Package](#)
- [Time Commitment & Committee Information](#)
- [Guide to Nominations & Elections](#)

Questions? Email elections@crpo.ca



Shelley Briscoe-Dimock, CRPO
President

President's Message

As incoming CRPO President, I'd like to take this opportunity to introduce myself. I am a Registered Psychotherapist, Registered Social Worker and Registered Marriage and Family Therapist with the Canadian Association for Marriage and Family Therapists. I have been in private practice for the past 17 years. I am a CAMFT and AAMFT approved supervisor and mentor. I obtained my Ph.D. from the School of Counselling, Psychotherapy and Spirituality at Saint Paul University/University of Ottawa. As a clinical professor and supervisor, for the past ten years I have provided clinical education, training, supervision and mentorship to graduate level students, psychotherapists and supervisors. I am a founding member of a non-profit and charitable psychotherapy training institute, which provides graduate level training to therapists. I sat on the ethics committee for the Canadian Counselling and Psychotherapy before commencing my work with CRPO.

Shortly after inception of the College in 2015, I was appointed as a non-elected member to the Inquiries, Complaints and Reports Committee (ICRC) and subsequently elected to Council in the first election. I ran again in 2017 and am currently serving my second term. Presently I am the interim chair of ICRC and a member of the Client Relations Committee.

Council and committee work has been both enjoyable and challenging at times. Over the past four years, I have witnessed and been part of significant change as the new College secured its base and found its footing. Learning and navigating regulatory governance has been a steep learning curve and it has been a privilege and honor to be part of this journey as the CRPO continues to evolve. Adhering to the College's mandate of public protection, coupled with deliberating about difficult and complex complaints and reports, has been both educational and inspiring, and has led to some lengthy and at times animated discussions around the Council table. However, as a Council, we have worked collaboratively and come to often difficult but well considered collective decisions. I have admired and greatly learned from my two predecessors, Carol Cowan-Levine and Andrew Benedetto, to whom I owe much gratitude. I am humbled to follow in their footsteps. I have big shoes to fill and appreciate their support and mentorship as I assume this privileged role.

I am always cognizant that at the forefront is our mandate to regulate RPs in the public interest. Moving forward, it is my ambition to continue to develop the highest standards for our registrants and to support the College as we continue to develop an adaptable strategic plan that improves regulatory processes and modern governance practices.



Deborah Adams,
CRPO Registrar

Registrar's Message

CRPO held its first formal strategic planning session last month. Working with a facilitator, Council and the staff management team spent a full day considering how best to continue our work of public protection. The group used input from stakeholders – received through the October 2018 town hall meetings, online issue-specific consultations, meetings with professional association and education and training program leads, and interaction with registrants through the Practice Advisory Service – as well as a full external governance review to focus on how emerging best-practices in regulation can shape our work over the coming year.

Council will be receiving a preliminary report from the facilitator and will use that to develop a comprehensive strategic plan over the coming months. I look forward to being able to share that plan with you once it is approved, and to working collaboratively with all of our stakeholders to ensure that CRPO is best-positioned to provide the support and guidance that will ensure that Ontarians continue to receive competent, ethical care from Registered Psychotherapists.

Coming Soon: The Controlled Act of Psychotherapy Goes Into Effect

January 1, 2020, marks the end to the transition period that was included in the proclamation of the legislation that brought the controlled act of psychotherapy into force. This means that individuals who provide psychotherapy services must be

registered with an appropriate health regulatory college if they wish to continue to perform the controlled act of psychotherapy or to change their practice.

As defined in the Regulated Health Professions Act, the controlled act of psychotherapy involves five elements:

- there must be a psychotherapeutic relationship between client and RP
- the RP must be providing psychotherapy treatment intended to help individuals improve mental health and wellbeing
- the RP must be using a technique that is captured by the broad categories of prescribed therapies: cognitive and behavioural therapies (such as CBT, DBT, MBCT), experiential and humanistic therapies (such as art therapy, music therapy, Gestalt), psychodynamic therapies (such as Adlerian, Jungian, Reichian), somatic therapies (such as biofeedback and EMDR), systemic and collaborative therapies (such as narrative therapy, family systems theory). For a non-exhaustive list of therapies that fall under the prescribed therapies, [click here](#).
- the client must be suffering from a serious disorder of thought, cognition, mood, emotional regulation, perception or memory; and
- the client's disorder may seriously impair the individual's judgement, insight, behaviour, communication or social functioning.

It is important to note that all five of the elements must be present for an activity or intervention to fall within the controlled act of psychotherapy.

For example, an RP who uses their knowledge, skills and judgement to assess that a client's depression is a "serious disorder," and uses a psychotherapy technique such as mindfulness based cognitive therapy to treat it, is practicing the controlled act of psychotherapy. A non-regulated care provider providing crisis counselling, for example, is not working within the controlled act ([click here](#) for a list of interventions that CRPO does not consider to constitute the controlled act of therapy).

As of January 1, 2020, only registrants of six Ontario colleges* will be authorized to perform the controlled act of psychotherapy. Students intending to join CRPO will need to be supervised by an RP in order to perform the controlled act of psychotherapy as part of their education. The RP supervisor must meet CRPO's definition of a clinical supervisor.

Students may still receive clinical supervision from another psychotherapy-practising professional* (as long as the supervisor meets the definition of clinical supervisor). However, that supervision will not enable the student to perform the controlled act of psychotherapy.

As a reminder, the controlled act of psychotherapy is a subset of the broader scope of practice of psychotherapy. All of this supervision (from an RP or another psychotherapy-practising professional) can be counted towards meeting CRPO's registration requirements, as long as it meets CRPO's definitions and is supported by documentation.

* The other professions who are permitted to provide psychotherapy services in Ontario are members of College of Psychologists of Ontario, Ontario College of Social Workers and Social Service Workers, College of Nurses of Ontario, College of Occupational Therapists of Ontario, and College of Physicians and Surgeons of Ontario.



Registered in 2015 or 2017? Your QA is due

If your initial date of initial registration fell in the years 2015 or 2017, you have an important deadline just around the corner. Your mandatory Professional Development requirements under the Quality Assurance (QA) Program must be met by November 30, 2019. These requirements are:

- Self-Assessment
- Learning Plan
- Learning Record

Need help or have questions? Join one of our upcoming QA Info Sessions. The sessions take place by webinar, 11:30 a.m – 1:30 pm. Register by clicking on a session:

[Thursday October 24, 2019](#)
[Thursday October 31, 2019](#)
[Tuesday November 5, 2019](#) or
[Wednesday November 13, 2019](#)

There are also video tutorials on the QA page on the website. Unable to join the Info Sessions and have questions? Email us at QA@crpo.ca

And don't forget, your QA tools are available in the QA Portal, which you can access by clicking on the "QA" tab in your [CRPO account](#). You can learn more about these QA requirements, including the 40-hour learning activity requirement, by reading the [PD Guide](#). [French version now available!](#)

Are You Writing the Registration Exam this Month?

CRPO has created a new video with COMPASS to illustrate the nature of the exam and provide tips on how to . The [short version](#) (with French captions) is available, and a longer, [39-minute version is here](#).



Exam Accommodations: What do You Need?

Did you know that a variety of disabilities, conditions and circumstances (such as nursing a baby) can be accommodated for people writing the registration exam? Registrants may request an accommodation in response to a disability or other need. Examples of accommodations include:

- Extended time (to a maximum of 5 hours) with personal breaks
- Separate room
- Service animal
- Reader aide
- Mobility aide

Registrants should indicate their need for an accommodation at the time that they signal their intent to write. Information about accommodations, including the accommodation request form, is [available on the CRPO website](#) (French <https://www.crpo.ca/mesures-dadaptation-pour-passer-lexamen/>) Individuals who need assistance with filing out the form are encouraged to contact CRPO.

Public Consultation Now Open

A public consultation is now open regarding measures to enhance transparency regarding member registration history on the public register. This is a modified version of a previous by-law consultation.

Instead of posting a registrant's past administrative suspensions on the public register

indefinitely, it is now proposed that a registrant's past administrative suspensions would be posted on the public register for a minimum of one year. In this scenario, a registrant who has been in good standing for one year would be able to request the notation of past administrative suspension be removed from the public register. The proposed changes require a by-law amendment. For more information, visit the [Public Consultations](#) page of the CRPO website. Feedback is invited until **December 9, 2019**.



Annual Report Now Available

CRPO's 2018 – 2019 [Annual Report](#) is now available. The report reviews highlights from the past year, including five key areas CRPO worked to maintain public safety.



CRPO is now on [Twitter](#), [Facebook](#) and [LinkedIn](#). Follow our feed for the latest on new resources, Council election updates, governance decisions and more!

The next meeting of CRPO Council will take place on November 21, 9:30 - 3:30 at the [CRPO office](#). Want to attend?

Register ahead of time and review the [guidelines on attendance](#).

Seating is limited and so you are asked to ensure you have a confirmation before attending!



Please do not unsubscribe. CRPO uses email to communicate with registrants about important College updates. If you choose to unsubscribe, it is then your responsibility to regularly check our website to keep yourself informed about your College obligations. It is the responsibility of each registrant to make sure CRPO has your current contact information, updated within 30 days of a change, and ensure that the organization you work for does not block CRPO emails.

College of Registered Psychotherapists of Ontario | 375 University Avenue, Toronto, M5G 2J5 Canada
www.crpo.ca

[Unsubscribe newsletter@crpo.ca](mailto:unsubscribe@crpo.ca)

[Update Profile](#) | [About Constant Contact](#)

Sent by s.hikel@crpo.ca in collaboration with



Try email marketing for free today!