



CANADIAN ASSOCIATION FOR PSYCHODYNAMIC THERAPY

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## **Summary of the Canadian Association for Psychodynamic Psychotherapy (CAPT) Brief on Bill 171Q to the Standing Committee on Social Policy**

April 24, 2007

- 1) CAPT supports the Bill's recognition of psychotherapy as an independent profession.
- 2) CAPT commends both the recognition in the scope of practice that psychotherapy is essentially relational and its implication that the public must therefore be free to choose both the therapeutic modality in which they wish to work and their particular therapist.
- 3) CAPT supports the Bill's intention to regulate all psychotherapists to ensure Ontarians' continued access to affordable therapy in its varied modalities.
- 4) CAPT interprets the Bill as leaving counsellors, as such, outside regulation by the new College. The scope of practice has no impact on counselling practice.
- 5) CAPT recommends the removal of the title "Registered Mental Health Therapist" from the *Psychotherapy Act*, as it is not defined in the legislation and may confuse the public. The only appropriate title for a member of the College of Psychotherapists is "Psychotherapist."
- 6) The Authorized Act must be rendered empirically clear and judiciable as are the other controlled acts. We recommend the addition of the sentence:  

"The 'serious disorder' is understood to be such as requires custodial care of the individual."
- 7) Grandparenting must protect public choice, access and ongoing therapeutic relationships. Current psychotherapists who are deemed to need more training should be given a generous timeframe to complete it.
- 8) Psychotherapists should be trained in the modality in which they practice. Entry to practice qualifications should be defined by the College without reference to academic degrees. The College should be open to the inclusion of new forms of psychotherapy.
- 9) The Transitional Council should consist of those supportive of psychotherapy as an independent profession and include representatives of all the modalities cited in the Ministry of Health and Long-Term Care Fact Sheet: psychodynamic, cognitive-behavioural and experiential.