



College of  
Registered  
Psychotherapists  
of Ontario

## Position Statement on Equitable Access to Care

Approved by: Council

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The College of Registered Psychotherapists of Ontario (CRPO) is committed to the promotion of equitable access to mental health supports and supports measures to remove barriers that are challenging equitable access for Ontarians to the care that Registered Psychotherapists (RPs) are well-positioned to provide.

### Equitable Access to Care

Equitable access to care means all Ontarians are able to access the quality mental health supports they need in their own communities, that reflect their unique needs (e.g., alignment with specific mental health needs, preferred setting, and/or shared experiences or identities) within a reasonable period of time. The College supports measures that reduce impediments to accessing care both on a systemic and individual level, and efforts that support a reduction in any negative impact of social determinants of health\*.

By leveraging the growing number of RPs within the system broadly, the province's mental health care services could be better optimized, resulting in improved access to appropriate continuity of care with providers and in the setting of choice.

### Reducing Challenges in the Delivery System

The public has grown to expect that RPs will be accessible partners on their care teams, whether in private practice, community health care organizations, hospitals or other settings. Challenges in the delivery system continue to exist, impeding the ability of RPs to contribute to equitable access to care.

Recognizing that that there is a system and human cost to inaction, the College is committed to working with system partners to mitigate or remove barriers that can be addressed through regulatory changes.

### CRPO's Role

A strong regulatory environment means that all stakeholders in the health care system can be confident in the quality of care provided by RPs. The College of Registered Psychotherapists of Ontario is committed to establishing and maintaining the standards for qualified and accountable psychotherapy services in Ontario. As the provincial regulator of Ontario's more than 14, 000 (and growing) RPs, protecting the public is our primary mandate.

The scope of practice of RPs 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.”<sup>1</sup>

Since 2015, CRPO has established and implemented regulatory mechanisms that provide accountability for safe, ethical and competent psychotherapy practice, including:

- Ensuring anyone applying for registration with CRPO meets rigorous educational standards before they can practise as an RP or use the protected title “Registered Psychotherapist;”
- Establishing and enforcing standards and guidelines for the practice and conduct of registrants;
- Upholding the quality of care by developing a robust quality assurance program to ensure registrants continually improve their skills and knowledge; and
- Responding to complaints and reports about the care provided by registrants.

\*Refers to interconnected non-medical factors impacting one’s wellbeing.

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<sup>1</sup> *Psychotherapy Act, 2007, S.O. 2007, c. 10, Sched. R, section 3*