College of Registered Psychotherapists of Ontario

Regulatory Objectives

Serve and protect the interest of the public

The College of Registered Psychotherapists of Ontario's (CRPO) mandate is public protection. This obligation to Ontarians begins with ensuring the safety of individuals receiving care from a Registered Psychotherapist but, in keeping with the client and family-centred1 approach to care, it extends to the protection of the well-being of family members of those accessing services.

By establishing rigorous entry-to-practice competency requirements and requiring active, ongoing participation in quality assurance and professional development activities, CRPO plays a proactive role in ensuring that RP's have the needed knowledge, skills and clinical judgement to practice safely. By providing barrier-free access to the complaints and reports process for clients, their families and other professionals, CRPO ensures that it can respond in an appropriate and timely manner to concerns about the competence or conduct of an RP.

Promote confidence in professional regulation

The authority and mandate of CRPO is drawn from the *Regulated Health Professions Act, 1991*, the *Psychotherapy Act, 2007* as well as the regulations under it and the ensuing standards, guidelines and policies set by CRPO. Working within this framework to ensure that the College complies with its mandate and the law, Council acts in a manner that embodies and promotes excellence in professional regulation.

By acting in a way that promotes confidence in professional regulation, CRPO upholds the reputation, integrity and independence of the profession. In holding RPs accountable to standards and a code of ethics, CRPO also fosters public trust in the profession.

Regulate in a transparent, principled, proportionate, unbiased, proactive manner

Above all else, CRPO will carry out all its core work in a manner that complies with good regulation principles and instills both public and registrant confidence in regulation. CRPO's Council has adopted a right touch/risk-based approach to regulation. This framework is geared toward ensuring both efficacy and efficiency by ensuring that the level of regulation is proportionate to the level of risk to the public.

By promoting standards of competence and conduct, by acting where these standards are breached, and through quality assuring professional development, CRPO supports professionalism and protects the public interest. CRPO does not seek to address all aspects of risk, rather it works proactively to evaluate and mitigate the potential for harm, using regulatory measures that support positive behaviour change and the exercise of professional judgement among RPs.

Promote equity, diversity and inclusion in the provision of psychotherapy services

Discrimination that persists in the provision of health care and social services in Ontario creates barriers to access to mental health care. In particular, these biases can negatively affect individuals from racialized communities, those with low-income, the elderly, members of the LGBQT community and those with mental illness.

By engaging with the public, registrants and other stakeholders, CRPO works toward freedom from discrimination through the promotion of diversity and inclusivity in psychotherapy education and practice. Holding RPs to standards that respect the diversity and dignity of all persons ensures that they can competently and respectfully serve individuals and families from across the diverse spectrum of age, race, culture, background, sexual orientation and gender identity.

Promote access to mental health services within the system

There is an increasing acknowledgement of the difficulties that many Ontarians face in accessing needed mental health services. CRPO is aware that barriers to access to care with RPs exist across the province for a variety of reasons. When considered in relation to ability to receive needed mental health services, the importance of the psychotherapeutic relationship and the benefits of continuity of care, these barriers constitute a risk of harm to the public.

By effectively regulating RPs, CRPO ensures that qualified individuals are authorized and available to practice, that they maintain their competence and that any issues with competence or conduct are addressed promptly and appropriately. This allows stakeholders in the health care system to be confident in the quality of care provided by RPs and supports leveraging the growing number of RPs within the system broadly, resulting in improved access to appropriate continuity of care with providers and in the setting of choice.

Testing initiatives against objectives

As a practical tool, using a series of questions – in conjunction with regulatory objectives - is one way of determining to what degree any initiative measures up against the public interest mandate.

1. Does it relate to the College's statutory objects?
2. Does it further one of the regulatory objectives?
3. Is it being done transparently?
4. Who is the primary beneficiary of the initiative?
5. Would this better fit into another's mandate (for example, a professional association)?
6. Who would be unhappy with the initiative? Why?
7. How would it look in news or social media?
8. How would our accountability bodies (for example, the Fairness Commissioner) respond?