[Name], OT Reg.(Ont.), Psychotherapist  
[Address]

[Website]   
[Email]

[Date]

**RE: Denial of Coverage for Psychotherapy Services Provided by Occupational Therapists**

To whom it may concern,

Thank you for your time and consideration in reading this letter. You have been contacted recently by my client about reimbursement for their psychotherapy expenses under their health insurance plan.

The purpose of this letter is to advocate for new and existing clients, and all residents across Ontario, who face barriers to accessing paid psychotherapy services through their extended health benefit plans.

I am a registered Occupational Therapist with the **College of Occupational Therapists of Ontario,** **[COTO registration number]**. I own and operate an independent practice as an Occupational Therapist, Psychotherapist, providing virtual and in-person psychotherapy across Ontario.

I am writing to express my **significant concerns about [specific private insurance company and employer] contracts currently denying their members coverage if they seek psychotherapy services from an Occupational Therapist**,as opposed to a *Social Worker* or *Psychologist*.

**The existing policies should include coverage of psychotherapy services provided by Occupational Therapists.**

On December 30, 2017, the “Controlled Act of Psychotherapy” was proclaimed in force and became the fourteenth controlled act defined in the *Regulated Health Professions Act, 1991* (the “**RHPA**”). **At present, the legislation permits authorized members of the following six colleges to engage in the “Controlled Act of Psychotherapy”:**  
   
 **• The College of Occupational Therapists of Ontario** (“**COTO**”) • The College of Nurses of Ontario  
 • The Ontario College of Social Workers and Social Services Workers  
 • The College of Physicians and Surgeons of Ontario  
 • The College of Registered Psychotherapists of Ontario  
 • The College of Psychologists of Ontario

Despite the RHPA outlining clear legal authorization for Occupational Therapists to perform the Controlled Act of Psychotherapy, **some health insurance companies and employers are still not reimbursing their members for psychotherapy services performed by Occupational Therapists, Psychotherapists**. They do, however, acknowledge and reimburse members who receive psychotherapy services from members of the other Colleges noted above.

As an Occupational Therapist, Psychotherapist, I do not need to be registered with the College of Registered Psychotherapists of Ontario (“**CRPO**”) to provide psychotherapy. Instead, I have my own independent, regulatory body (COTO) and am accountable to the public to provide high-quality, ethical, evidence-based psychotherapy interventions. I carry my practice liability insurance and have the skills, knowledge and judgment to carry out the Controlled Act of Psychotherapy as part of my scope of practice.

Given some insurance companies are still operating with outdated policies that do not reflect the most current legislative changes mentioned above, and where these policies inequitably restrict access and financial support to mental health services offered by particular authorized healthcare providers (e.g., occupational therapists), **I am requesting your assistance and support to update your policies to cover psychotherapy services provided by all authorized providers, including Occupational Therapists**.

It is my goal to continue providing psychotherapy to my clients while having these services covered by their insurance. We are in an unprecedented time where the demand for mental health services and the associated wait times for care have never been higher. Early identification and support for mental health issues decreases absenteeism and decreases the severity and impact of stress and anxiety on individuals. **By recognizing the services of all regulated health professionals who are authorized by law to practice psychotherapy, you will be directly increasing the accessibility and affordability of these services to your clients.**

I encourage you to review the [Standards for Psychotherapy Practice](https://www.coto.org/standards-and-resources/resources/standards-for-psychotherapy-2018) issued by the College of Occupational Therapists of Ontario, which I have enclosed with this letter, as well as the [*Regulated Health Professions Act, 1991*](https://www.ontario.ca/laws/statute/91r18) and the [*Psychotherapy Act, 2007*](https://www.ontario.ca/laws/statute/07p10) for additional clarification.

Thank you for your time, and I very much look forward to your support and assistance.

Sincerely,

[Signature]

[Name], OT Reg.(Ont.), Psychotherapist