[Client name and address]

[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. I am a group insurance plan member with extended health coverage through my employer, [insert employer name].

I am receiving psychotherapy services from an Occupational Therapist, Psychotherapist registered with the College of Occupational Therapists of Ontario and recently had my claim for psychotherapy expenses denied.

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

As you may be aware, in Ontario, the “Controlled Act of Psychotherapy” was proclaimed in force on December 30, 2017 and became the fourteenth controlled act defined in the *Regulated Health Professions Act, 1991*. **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

Psychotherapists are mental health professionals who are authorized to “treat, by means of psychotherapy technique delivered through a therapeutic relationship, an individual’s serious disorder of thought, cognition, mood, emotional regulation, perception or memory that may seriously impair the individual’s judgement, insight, behaviour, communication or social functioning” (*Psychotherapy Act, 2007*, S.O. 2007, c. 10, Sched. R, s. 4). Psychotherapy has a proven track record of effectiveness in helping people to live healthier, happier, and more productive lives, and I have sought out psychotherapy services in service of my health and well-being.

The Occupational Therapist, Psychotherapist I have chosen to work with is regulated by COTO to provide psychotherapy. They have their own independent, regulatory body and are accountable to the public to provide high-quality, ethical, evidence-based interventions. They have practice liability insurance and the skills, knowledge, and judgment to carry out the Controlled Act of Psychotherapy in the province of Ontario.

**I am writing to request that you update your existing policies to cover psychotherapy services provided by all regulated health professionals authorized to provide psychotherapy—including Occupational Therapists, Psychotherapists**. This change would allow me to continue receiving care from my psychotherapy provider, as well as directly increase access and affordability to psychotherapy services for all Ontarians.

As a policyholder with your company, I would appreciate a response on this issue, as the current policies are not up to date with the current legislation as to who can provide psychotherapy in Ontario. I look forward to a response so that I may continue receiving psychotherapy services from my current provider and maintain our therapeutic relationship.

Thank you for your consideration.

Sincerely,

[Name]

[Policy Number]