October 31, 2017
College of Physicians and Surgeons of Ontario
80 College Street
Toronto, Ontario
M5G2E2

Attention: Policy Department

MDPAC is pleased to see that the CPSO has specified in the appendix of this draft policy that 'A family physician who wishes to primarily practise and receive referrals for psychotherapy...' will now be considered to be making a change in scope of practice and will therefore be required to make application to the CPSO before making this change. MDPAC believes that physicians whose practice is focused on providing psychotherapy do require additional skills to those of a family physician who provides psychotherapy services to their own patients as part of a comprehensive family practice. In addition MDPAC recognizes that many physicians wishing to make this change already have extensive training in psychotherapy and therefore the decision about how much extra training and supervision are needed will be made on an individual basis.

MDPAC has recently developed and approved a set of criteria for psychotherapy supervision and we will be submitting these new policies in total to the CPSO as part of our annual report as the Third Pathway for reporting CPD credits. In this brief it is important to note that many medical psychotherapists receive their training and psychotherapy supervision from non medical psychotherapists. For example a medical psychotherapist training in sensorimotor psychotherapy may be being trained and supervised by a PhD. psychologist who is qualified to teach this method of psychotherapy. Also, in many cases the psychotherapy supervisor is not on site with the trainee and the psychotherapy supervision occurs through regular distance learning or small group discussions of a case. MDPAC believes that it is important for the CPSO to be aware of this when evaluating the application of a physician wishing to make a change in scope of practice. Medical psychotherapists are desperately needed in Ontario and not just in large centres. If a physician requesting permission to make a change in scope of practice towards doing more psychotherapy is required to leave their practice and move to a large centre to receive psychotherapy supervision it is likely that the smaller centres will remain under serviced or the medical psychotherapists there will not have any way of accessing training that meets the requirements of the CPSO for change in scope of practice.

For further information on how MDPAC plans to help train new medical psychotherapists in Canada please see the FAQ page on our website.

www.mdpac.ca/Training_to_Become_an_MD_Psychotherapist.html