

Policy: Funding for Therapy and Counselling

Under the [Health Professions Procedural Code](#) of the [Regulated Health Professions Act, 1991 \(RHPA\)](#), each college must set up a program to provide funding for therapy and counselling for persons who, while clients, were sexually abused by registrants. The Client Relations Committee is responsible for administering CMTO's funding for therapy and counselling program. CMTO has established the following policy to outline the application of the funding program.

1. Eligibility Requirements

- 1.1. The applicant is eligible for funding for therapy and counselling if the applicant was a client of the RMT at the time the sexual abuse is alleged to have occurred and any of the following apply:
 - a) a formal complaint is received or an investigator has been appointed regarding allegations that the applicant was sexually abused by a registrant or former registrant; or
 - b) there has been a finding by a panel of the College's Discipline Committee that the applicant was sexually abused by a registrant or former registrant; or
 - c) a registrant or former registrant enters into an undertaking with the College to reimburse the College for funding for therapy and counselling to the applicant; or
 - d) there is an admission made by a registrant in a statement to the College or in an agreement with the College that they sexually abused the applicant; or
 - e) a registrant or former registrant has been convicted under the Canadian Criminal Code of sexually assaulting the applicant, and the facts supporting the sexual assault constitute sexual abuse within the meaning of the Health Professions Procedural Code; or
 - f) there is a statement, contained in the written reasons of a College committee given after a hearing, that the applicant was sexually abused by a registrant or former registrant; or
 - g) there is sufficient evidence presented to the Client Relations Committee to support a reasonable belief that the applicant was sexually abused by a registrant or former registrant.
- 1.2 The applicant does not have to undergo any psychological or other assessment to obtain the funding.
- 1.3 The College sends each applicant who is eligible for funding a letter advising them of the existence of the program and providing the requisite information and forms.

2. Definition of Therapy and Counselling

- 2.1 The term "therapy and counselling" for the purpose of the Therapy and Counselling Program is: treatment (e.g., talk therapy) provided by a mental health therapist, including psychiatrists, psychologists, psychotherapists, nurses, social workers, physicians and occupational therapists who support a client by addressing the trauma resulting from sexual abuse by a registrant.

3. Application Process

- 3.1 Applications for funding will be accepted when the College receives a formal complaint or an investigator is appointed regarding allegations of sexual abuse.
- 3.2 The applicant submits the completed application form to the College.
- 3.3. The applicant chooses a therapist or counsellor to provide treatment. The chosen therapist cannot have:
 - a) a family relationship with the applicant.
 - b) been found guilty of professional misconduct of a sexual nature at any time or in any jurisdiction, or been found civilly or criminally liable for an act of a similar nature.
- 3.4 If the chosen therapist or counsellor is not a regulated health professional, the applicant must sign a document indicating that they understand the therapist or counsellor is not subject to professional discipline.
- 3.5 The applicant will declare they understand that treatment is focused on the sexual abuse, and that unattended sessions are not covered.
- 3.6 The therapist will be asked to submit a declaration regarding 3.3 and declare that they agree to the provisions of the Funding for Therapy and Counselling Policy.
- 3.7 The therapist will not provide CMTO with updates on the therapy or progress of therapy, other than to declare that the therapy is focused (or continues to be focused) on addressing the harms from the alleged incident of sexual abuse.
- 3.8 CMTO will review the therapist or counsellor's qualifications (via an internet search and public register, if available) to confirm that the proposed counsellor or therapist meets the qualifications under 2.1 and 3.3.
- 3.9 Complete applications for funding for therapy and counselling will be reviewed and approved by CMTO staff if:
 - a) The applicant, application and therapist meet all criteria set out above; and
 - b) Declarations from the therapist and review of qualifications is complete and satisfactory.
- 3.10 Any requests for funding that do not meet the criteria set out in 3.8 will be referred to the Client Relations Committee for review and approval, including, if:
 - a) The applicant's life circumstances were very serious and their mental health professional requests the funding for in-patient treatment;
 - b) Other requests that staff are not approved to process.
- 3.11 Approval of funding for therapy and counselling does not constitute a finding against the registrant and shall not be considered by any other CMTO committee dealing with the registrant. When an application is brought to the Client Relations Committee for review, staff will anonymize the information so that the client and therapist cannot be identified.

3.12 The applicant will be notified of funding request decisions in writing within a reasonable period of time after CMTO receives a completed application and information required from the therapist.

4. Funding Amount and Duration

4.1 When an application for funding is approved, staff will liaise with the chosen therapist to arrange for invoices to be submitted directly to CMTO.

4.2 As outlined in the RHPA, funding is paid directly to the therapist.

4.3 The [maximum funding available](#) to each applicant is established by the RHPA and is equivalent to the amount that the Ontario Health Insurance Plan (OHIP) would pay for 200 half-hour sessions of individual out-patient psychotherapy with a psychiatrist.

4.4 The RHPA stipulates that funding provided by a college is to be reduced by the amount that a private insurer or that OHIP would pay for therapy and counselling services. Funding applicants will be asked to declare how much other funding they are eligible for, and this amount will be deducted from the maximum funding available from CMTO.

4.5 The funding is accessible for a five-year period starting from the earlier of:

- 1) the date on which they started receiving therapy/counselling for which funding is sought (must be after the date of the alleged sexual abuse); or
- 2) the date the formal complaint of sexual abuse is made or an investigator is appointed to investigate the alleged sexual abuse.

4.6 The funding can only be used to pay for therapy or counselling, and cannot be applied directly or indirectly for any other purpose. The following are examples of what is not covered by the funding:

- a) Costs for missed appointments
- b) Medications
- c) Travel expenses to attend therapy
- d) Support devices
- e) Medical forms and administrative fees

5. Administration of Funding

5.1 If the therapist or counsellor changes during the five-year period, the new therapist or counsellor must go through the same approval process noted above.