



College of  
Massage  
Therapists of  
Ontario

# Touch Point

February 2026



## You're Invited to the 2026 CMTO and RMTAO Town Halls!

From March 19 to May 27, the College of Massage Therapists of Ontario (CMTO) and the Registered Massage Therapists' Association of Ontario (RMTAO) will host joint in-person Town Halls to hear from RMTs/MTs across the province. These events offer RMTs/MTs the opportunity to connect directly with Maureen Boon, CMTO's Registrar & CEO, and Michael Feraday, RMTAO's Executive Director & CEO.

Maureen will present on regulatory changes shaping Massage Therapy practice, discuss CMTO's new Strategic Plan, share highlights from the past year, CMTO's plans for 2026, and answer your questions. Michael will speak about RMTAO's advocacy efforts like HST exemption, Queen's Park Day, and discuss how RMTAO is addressing sexual harassment and assault of RMTs/MTs by patients.

All RMTs/MTs, Massage Therapy students, and anyone with an interest in the profession are welcome to attend these free events.

Register to attend using the links below:

- [Sault Ste. Marie: March 19](#) (RSVP by March 12)
- [St. Catharines: April 16](#) (RSVP by April 9)
- [Kingston: April 22](#) (RSVP by April 15)
- [Guelph: May 6](#) (RSVP by April 29)
- [Toronto: May 21](#) (RSVP by May 14)
- [Ottawa: May 27](#) (RSVP by May 20)

We look forward to seeing you there!

## CMTO's New Strategic Plan – Our Path Forward

CMTO is pleased to share our new [2026-2030 Strategic Plan](#). More than 3,600 people across Ontario—including RMTs/MTs, Massage Therapy students, educators, and members of the public—helped shape this plan. Over the next five years, CMTO will focus on:

1. **Professional Conduct and Accountability to Protect the Public:** We will maintain our focus on preventing misconduct — including sexual abuse and insurance fraud — while upholding the highest professional standards to ensure public safety and high-quality care.
2. **Clear, Fair and Effective Regulation:** We will build on our strong foundation to ensure our standards and processes are transparent, modern, and forward-looking.
3. **Trust in Massage Therapy as a Health Profession:** We will strengthen the position of Massage Therapy as a regulated, clinical health profession and core component of health care.

Your contributions helped us identify CMTO's priorities and goals. Thank you for your input!

Read the [full Strategic Plan](#).



## Practice Profile Opens March 1, 2026

*Practice Profile*, a component of [STRiVE: the Quality Assurance Program's Risk-Based Assessment](#), opens **March 1, 2026**.

All RMTs/MTs who hold a General Certificate of Registration must complete *Practice Profile* by **March 31, 2026**. Inactive Certificate holders are not required to complete the *Practice Profile* but may do so if they choose.

### What can you expect?

*Practice Profile* has two sections:

#### Section 1: Self-Inventory of Risks and Supports

RMTs/MTs answer questions about risks and supports to their competence. Upon completion, you receive personalized feedback to help you identify potential risks and supports in your practice. Respond honestly to receive the most valuable feedback. Responses are confidential and for your personal use only.

#### Section 2: Standards of Practice Quiz

RMTs/MTs answer case-based questions about the selected Standards of Practice. After submission, you receive your score, the correct answers, and detailed explanations.

### How to access the *Practice Profile*

Log in to your [Registrant Profile](#), select *STRiVE* from the menu options, and click the 'Practice Profile' button to begin.

It will take approximately one hour to complete. You can save your progress if you need to exit and return later.

### How should I prepare?

RMTs/MTs can prepare for success by reviewing the 2026 select Standards of Practice and their corresponding 'Spotlights':

- Acupuncture: [Standard of Practice](#) | [Standard Spotlight](#)
- Collecting Personal Health Information from Clients: [Standard of Practice](#) | [Standard Spotlight](#)
- Privacy and Confidentiality: [Standard of Practice](#) | [Standard Spotlight](#)
- Professional Boundaries: [Standard of Practice](#) | [Standard Spotlight](#)

For more information, please access the 2025 E-Learning Module from Part 1: *Be the Best You Can Be* through the [STRiVE Portal](#). If you have questions about *STRiVE*, contact [professionalpractice@cmto.com](mailto:professionalpractice@cmto.com)

## Annual Privacy Breach Statistics Reporting for Health Information Custodians

Under the *Personal Health Information Protection Act* (PHIPA), Health Information Custodians (HICs) must annually report health information privacy breach statistics to the [Information and Privacy Commissioner of Ontario \(IPC\)](#).

The IPC is an independent officer of the Legislative Assembly of Ontario. CMTO is providing this information on its behalf. If you have any questions about reporting or whether this requirement applies to you, please contact the IPC directly at [statistics@ipc.on.ca](mailto:statistics@ipc.on.ca) or 416-326-3333.

For 2025, **HICs who experienced a privacy breach** must submit their report online via [the IPC's statistics submission website](#) by **March 1, 2026**. Reports are **not accepted** by fax, mail, or email. All breaches must be reported, regardless of whether the IPC was notified at the time they occurred. **HICs in private practice with no breaches in 2025 are exempt from reporting.**

If you do not have an account and it's your first time submitting an annual report to the IPC, read the [IPC's FAQs](#) to help you set up an account.

## Tips for Maintaining Professional Boundaries in Massage Therapy Practice

Professional boundaries define the relationship between an RMT/MT and their patient, ensuring safety, respect, and clarity for care.

RMTs/MTs should engage in communication that supports patient care and aligns with professional standards, such as:

### 1. Treatment-Related Dialogue

- Confirming comfort levels (e.g., pressure, temperature);
- Explaining techniques and treatment progression;
- Discussing areas of concern or pain; and
- Clarifying treatment goals.

### 2. Health and Wellness Education

- Providing homecare recommendations (e.g., stretching, strengthening);
- Advising on self-care practices that may influence recovery (e.g., posture); and
- Offering evidence-informed insights into relevant conditions, with patient consent.

### 3. Consent and Respect for Boundaries

- Obtaining written informed consent before treating sensitive areas;
- Ensuring the patient's preference for a quiet treatment is respected while also following their request to avoid treatment in particular areas; and
- Encouraging feedback to promote a safe and respectful environment.

For further guidance, RMTs/MTs are encouraged to consult the Standards of Practice: [Communication](#), [Professional Boundaries](#), CMTO's [Code of Ethics](#), and/or email the Practice Specialist at [practicespecialist@cmto.com](mailto:practicespecialist@cmto.com).

## Guide for RMTs/MTs Working in More Than One Profession

RMTs/MTs may engage in other employment or business activities outside of Massage Therapy practice. This includes roles such as yoga instructor, personal trainer, graphic designer, or retail work.

If RMTs/MTs provide health care services outside of Massage Therapy, they must:

- Clearly separate those services from their Massage Therapy practice
- Maintain professional boundaries between roles;
- Not misrepresent non-massage services as part of Massage Therapy;
- Avoid conflicts of interest that could compromise patient care; and
- Continue to meet professional obligations as an RMT/MT, including:
  - Annual registration renewal;
  - *STRiVE* participation;
  - Adherence to the Code of Ethics and Standards of Practice; and
  - All requirements apply for as long as they hold a General Certificate.

CMTO's Practice Specialists can also answer questions at [practicespecialist@cmto.com](mailto:practicespecialist@cmto.com).

## Discipline Decisions

When CMTO receives complaints, the Inquiries, Complaints and Reports Committee (ICRC) can refer serious allegations (e.g., sexual abuse or other professional misconduct) to the Ontario Massage Therapists Discipline Tribunal (OMTDT), which is the Discipline Committee of CMTO. The OMTDT has issued the following decisions:

- [Jian Feng \(2025\) Read the full decision on CanLII.](#)

The Tribunal found that Mr. Feng issued or permitted others to issue receipts for Massage Therapy to two patients for treatment he had not provided. Additionally, Mr. Feng failed to keep treatment notes for 12 Massage Therapy appointments with a third patient.

- [Brian Murray \(2025\) Read the full decision on CanLII.](#)

The Tribunal found that Mr. Murray assessed a patient's gluteal muscles without obtaining prior written informed consent, as required by the College's standards.

- [Kurian Mathew \(2025\) Read the full decision on CanLII.](#)

The Tribunal found that Mr. Mathew sexually abused a Massage Therapy patient who, at the time of the events, was also his employee. Mr. Mathew had also failed to report to the College that he had been charged and then convicted for sexual assault on the patient, as required by law. Mr. Mathew also made false declarations on his registration renewal forms when answering questions regarding criminal charges.



## Get Involved with CMTO! Become an Assessment Advisor

CMTO is seeking RMTs/MTs to become Assessment Advisors.

### About the Assessment Advisor Role

*Risk-Based Assessment* is a part of *STRiVE*: the Quality Assurance Program, where selected RMTs/MTs participate in a *Practice Assessment*. *Practice Assessment* includes a Pre-Interview Assignment and a virtual Semi-Structured Interview with an Assessment Advisor.

Assessment Advisors support the success of RMTs/MTs throughout the *Practice Assessment* process and afterwards prepare and submit a final report. Assessments are generally completed virtually, unless otherwise required and authorized by CMTO.

### How to Apply

Visit CMTO's [website](#) to learn more about the Assessment Advisor role and requirements. If you are interested in this opportunity, please submit your cover letter and resume to [professionalpractice@cmto.com](mailto:professionalpractice@cmto.com) by **Monday, March 2, 2026**.

To support access across the province, RMTs/MTs located outside the Greater Toronto Area are encouraged to apply. CMTO will contact applicants selected for an interview.

## **Registered Massage Therapists' Association of Ontario (RMTAO) Releases Survey Results on RMTs/MTs Experiences with Sexual harassment and Assault**

In September 2025, RMTAO surveyed 2,495 RMTs/MTs and students in Ontario about their experiences with sexual harassment and assault to gather their perspectives and better understand these issues to inform the development of programs and policies.

Respondents identified unclear CMTO guidelines as a key reason they did not discharge patients who engaged in abusive behaviour.

In October 2025, [CMTO made updates to its Code of Ethics and Client-Centred Care Standard of Practice](#). These changes empower RMTs/MTs to immediately discharge patients who engage in physical, verbal, or sexually abusive behaviour and clarify what constitutes abusive behaviour.

Read the full survey results [here](#).

If you have questions about CMTO's Standards of Practice, please contact [practicespecialist@cmto.com](mailto:practicespecialist@cmto.com)