



College of
Massage
Therapists of
Ontario

Touch**Point**

August 2026



Lead Your Profession! Run for CMTO's Board in Districts 2, 5, and 7

Contribute to the regulation of Massage Therapy in Ontario! CMTO's Board elections are being held in August and September, and members are elected to a three-year term beginning January 1, 2027.

The districts are defined as:

- **District 2** is composed of the territorial district of Nipissing, the counties of Renfrew, Hastings, Prince Edward, Frontenac and Lanark, the united counties of Lennox and Addington, Leeds and Grenville, Prescott and Russell, Stormont, Dundas and Glengarry and the regional municipality of Ottawa-Carleton, excluding the postal codes that are in District 3.
- **District 5** is composed of the counties of Simcoe, Dufferin, Wellington, Halton and Peel, and postal codes beginning with LOK, NOB, excluding the postal codes that are in District 3.
- **District 7** is composed of academic members.

Make an impact and help protect the public:

- Serve on CMTO's Board to regulate the profession and protect the public interest
- Help implement CMTO's new [Strategic Plan](#) and ensure policies and Standards of Practice support safe, competent, and ethical Massage Therapy care in Ontario

Compensation:

Board members are paid a pro-rated per diem of \$275 based on full-day meetings and some preparation time. Meetings are primarily conducted in-person. However, should the need arise, a virtual meeting may be required. Out-of-pocket expenses, such as accommodations, meals and travel, will be reimbursed in accordance with CMTO's compensation policy.

How to run:

1. Complete the mandatory [College Orientation Program](#)
2. Review the [Nomination Guide](#) and prepare a Nomination Form: [District 2 & 5](#), [District 7](#)
3. [Complete the Application](#) by **August 21, 2026, 5 p.m., ET**
4. Voting will be open from **August 28 to September 30, 2026**

Eligibility requirements:

- Ontario RMTs/MTs who hold either a General or Inactive certificate of registration
- No disciplinary proceedings are pending or currently in progress.
 - If an RMT/MT has been disciplined in the past, it must be at least six (6) years since that or any suspension or disciplinary order was completed.

- No present or past connections to a governing or advisory board that could present as a conflict of interest. Note, membership in RMTAO is allowed and does not count as a conflict.
- For full requirements please see [By-Law No. 2](#)

Application details:

- 15-20 minutes to apply
- One submission per candidate

Visit CMTO's [Board and Committees](#) and [Board Meetings](#) webpages for more information.

Have questions?

Contact Vera Patterson

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416-489-2626 ext. 4189 / 1-800-465-1933

Standards and Policy Consolidation - Effective September 8, 2026

CMTO has simplified, updated, and consolidated its regulatory documents - 42% fewer documents, down from 36 to 21, organized into three categories: the Code of Ethics, Standards of Practice, and Policies. **These changes take effect September 8, 2026.**

What changes can I expect?

Key changes include:

- A terminology change from "client" to "patient" across all documents;
- Rules, Position Statements, and Guidelines are no longer used. Relevant content has been moved into Standards of Practice or Policies;
- Seven STRiVE Policies have been consolidated into two;
- The Advertising Guide and Recordkeeping Guide have been converted to Standards of Practice. The requirements in these guides came from the *Massage Therapy Act, 1991*, so they are better suited as Standards of Practice.
- The *Standard of Practice: Professional Boundaries* and *Standard of Practice: Draping and Physical Privacy* have been combined; and
- The *Standard of Practice: Safety and Risk Management* and *Standard of Practice: Infection Prevention and Control* have been combined.

Have any requirements changed?

- A new requirement has been added to the updated Standard of Practice: Fees and Billing that requires RMTs/MTs to inform patients if they have been deregistered or delisted by an insurance provider.

Where can I find the updated documents?

All updated Standards of Practice and Policies will be available on cmto.com on September 8, 2026.

Questions?

Contact CMTO's Practice Specialists: practicespecialist@cmto.com or 416-489-2626 / 1-800-465-1933, press 5.

Maintaining Professional Boundaries in Digital Communications

Direct messaging (DM) via social media has become a common way for RMTs/MTs and patients to communicate. While these tools can offer convenience, they can also create challenges when it comes to maintaining professional boundaries.

The use of humour, slang, GIFs, memes, or emojis can lead to blurring of professional boundaries because they may be interpreted differently than intended. For example, an emoji intended to be friendly may be perceived by a patient as overly personal or inappropriate. While a message may seem harmless when sent, tone and meaning can be difficult to convey through digital platforms.

Before sending a message, consider:

- Would I be comfortable if this communication were viewed by a patient, employer or colleague?
- Does the tone reflect a professional therapeutic relationship?
- Could the message be misunderstood or interpreted in a way that was not intended?
- Is this communication necessary and appropriate for patient care or practice management purposes?

Before pressing send, consider how the message may be perceived. This can help support clear, respectful communication and helps maintain professional boundaries.

For more information about appropriate communication and professional boundaries, RMTs/MTs can review the [Standard of Practice: Professional Boundaries](#) and the [Standard of Practice: Communication](#) or contact CMTO's Practice Specialist: 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 new decisions since the [last edition of TouchPoint](#).

- [Manuel Enrique Batista Hornia](#) (2026) [Read CanLII](#)

The Tribunal found Mr. Batista engaged in conduct of a sexual nature toward a patient.

- [Lingfei Deng](#) (2026) [Read CanLII](#)

The Tribunal found Mr. Deng engaged in conduct of a sexual nature toward a patient and failed to keep records as required.

- [Fude Wang](#) (2026) [Read CanLII](#)

The Tribunal found Mr. Wang did not obtain the patient's consent before beginning treatment and did not discuss a treatment plan or options for draping with the patient and failed to keep records as required.

- [Gary Canhoto](#) (2026) [Read CanLII](#)

The Tribunal found that Mr. Canhoto touched a patient's sensitive areas without consent and in a sexual manner, touched prohibited areas of a patient's body, made sexualized remarks to the patient, and failed to maintain professional boundaries by improperly draping the patient.

Why Timely Record Keeping Matters

More than just an administrative task, clinical records are an essential part of an RMT's/MT's practice. Completing records helps capture the clinical reasoning and treatment decisions that informed the care provided and can be relied upon long after the treatment has occurred, supporting patient care, insurance matters, legal proceedings, and regulatory processes.

The following case scenario highlights why timely documentation matters:

Practice Scenario

After several busy days at the clinic, Nathalie, an RMT/MT, notices that completing clinical records between appointments has become increasingly challenging. Looking for ways to improve her documentation practices, Nathalie speaks with a colleague who shares strategies that have helped them maintain timely and complete records. Nathalie begins setting aside dedicated time each day to complete treatment notes and uses an electronic charting system with Subjective, Objective, Assessment, and Plan (SOAP) note templates to help ensure important information is captured accurately.

A few months later, the clinic receives a request for records relating to a patient who was involved in an accident. The records are needed to support ongoing legal proceedings and must be provided within a specific timeframe. Because Nathalie completed the records promptly, the documentation contains details regarding the patient's health history, assessment findings, treatment provided and the clinical reasoning to support the care delivered, reducing the risk of important details being missed or forgotten and allowing the records to be sent over promptly.

By completing records in a timely manner, Nathalie was able to provide accurate and complete documentation to help support her patient.

For more information about requirements for patient health records, RMTs/MTs can review [CMTO's Guide to Record Keeping Requirements](#) or contact CMTO's Practice Specialist: practicespecialist@cmto.com.

Save the Date: Webinar on Intimate Partner Violence on September 22

CMTO is working with other health regulatory colleges to host a webinar and develop educational resources for registrants about intimate partner violence and intimate partner homicide involving firearms.

Join a virtual panel discussion featuring subject matter experts:

- **Date: September 22, 2026**
- **Time: 12 p.m. (ET)**
- Duration: 90 minutes
- Format: Virtual (recorded and publicly available following the session)

This session supports recommendations from the [2022–2023 Domestic Violence Death Review Committee Annual Report](#) and will focus on the following learning goals:

- Reinforce the importance of professional action to prevent intimate partner violence (IPV) and its associated harms;
- Increase awareness of IPV risk factors, including aging, substance use, declining physical, cognitive, and mental health, family dynamics, and access to firearms;
- Provide an overview of IPV risk assessment in health care settings; and
- Offer guidance on IPV-related reporting.

Details are being finalized. Registration is free – details coming later this summer.