

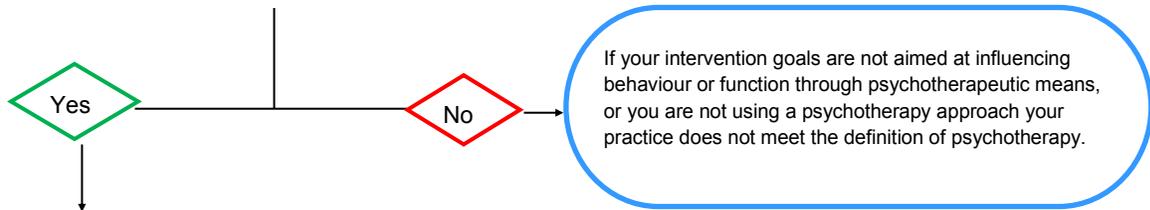


Determining When the Standards for Psychotherapy Apply

This decision tree is intended to help OTs determine when they must apply the Standards for Psychotherapy and to ensure they meet the requirements to provide psychotherapy safely, effectively and ethically within the scope of occupational therapy practice.

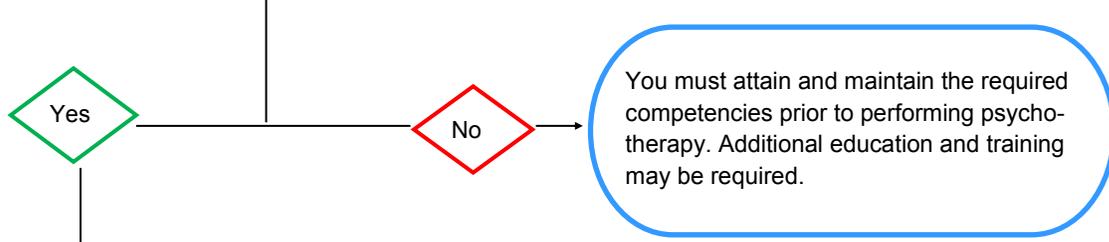
Scope of Practice in Clinical Context

- My role and scope of practice includes planned and structured interventions aimed at influencing behaviour and function, through psychotherapeutic means, delivered through a therapeutic relationship to change an individual's disorder of thought, cognition, mood, emotional patterns, perception, or memory that may impair the individual's judgement, insight, behaviour, communication, or social functioning as it relates to the performance of daily activities.
- I use one or more psychotherapy theories, models and/or approaches in my practice (e.g. Cognitive Behavioural Therapy)



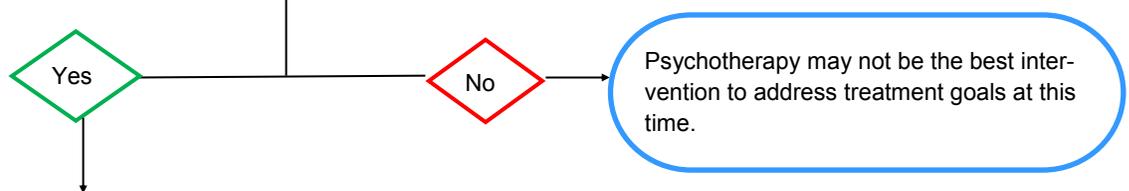
Competence

- I have the knowledge, skills and judgement to practice psychotherapy safely, effectively and ethically.
 - I have successfully completed psychotherapy training that includes: instructional, theoretical, and practical components
 - I am prepared to manage any adverse events or outcomes related to my psychotherapy practice.
 - I participate in regular professional development activities in psychotherapy to maintain my competence.
 - I have established a supervisory relationship and/or process for my psychotherapy practice.
 - I refer clients to other providers if the client requires treatment beyond the limits of my abilities or the scope of practice for occupational therapy.



Psychotherapy Approaches & Techniques

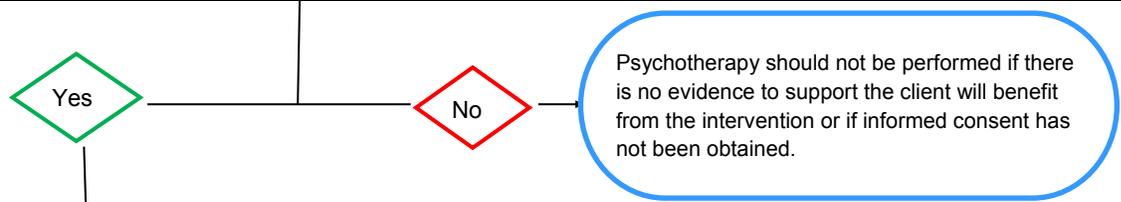
- I know the indications, contraindications, risks, benefits, and limitations of the psychotherapy approach & techniques.
- There is evidence to support that using the selected psychotherapy approach and techniques is effective for my client population.
- I have methods in place to evaluate psychotherapy outcomes with my clients.



Client Factors (Risk Management)

Assess the nature of and severity of the client's issues to determine if psychotherapy is an appropriate intervention. When assessing the client consider if:

- This client has a disorder of thought, cognition, mood, emotional patterns, perception, or memory that may impair their judgement, insight, behaviour, communication, or social functioning as it relates to their performance of daily activities.
- There is evidence to support the psychotherapy intervention will be effective for this client.
- This client meets the eligibility criteria for the specific psychotherapy modality.
- This client is able to participate fully in psychotherapy.
- This client is ready, willing and able to participate in psychotherapy and has provided informed consent.
- The necessary support systems and ongoing monitoring processes are available for client safety.



I have met all the requirements to competently perform psychotherapy for this client, in this practice setting, and, my practice complies with the Standards for Psychotherapy.