Standards for Use of Title Psychotherapist

Revised January 2018

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1. **Use of Title Psychotherapist**

In Ontario, there are protected titles that only regulated health professionals are legally permitted to use. The protected title "occupational therapist", the designation “OT Reg. (Ont.)" or any variation or abbreviation can only be used by individuals registered with the College of Occupational Therapists of Ontario. Occupational therapists (OTs) who practice psychotherapy in accordance with the Standards for Psychotherapy are also permitted to use the protected title “psychotherapist” (RHPA, s. 33.1(1)). When using the title “psychotherapist”, OTs are responsible for making sure people understand they are accountable to the College of Occupational Therapists of Ontario.

If choosing to use the “psychotherapist” title, OTs must use the protected title “occupational therapist” or identify themselves as a member of the College before the title “psychotherapist” in both oral and written communication.

While OTs have legal authority to use the title psychotherapist, they are not required to use this title. Alternative means for conveying this area of practice may be: *Andrew James, OT Reg. (Ont.), practising in the area of psychotherapy.*

### Standard 1

*Occupational therapists will use the protected title for occupational therapists or identify themselves as a member of the College first when also choosing to use the title “psychotherapist”.*

#### Performance Indicators

An occupational therapist will:

1.1 When **speaking** to a client, use the title “occupational therapist”, or the full name of the College first, before using the title, “psychotherapist”.

For example,

*Andrew James, Occupational Therapist, Psychotherapist*

Or

*Andrew James, member of the College of Occupational Therapists of Ontario, Psychotherapist*

1.2 When communicating **in writing**, write their name as it appears on the public register and the title "occupational therapist" or the designation “OT Reg. (Ont.)” immediately before writing the title, psychotherapist.

For example,
Andrew James, OT Reg. (Ont.), Psychotherapist
OR
Andrew James, Occupational Therapist, Psychotherapist

1.3 When communicating in writing and choosing to use the name of the College or the profession instead of the protected title or designation, write the name of the College or the profession in full, not the abbreviation, before the title “psychotherapist”.

For example,
Andrew James, College of Occupational Therapists of Ontario, Psychotherapist
OR
Andrew James, Occupational Therapy, Psychotherapist