

## REGULATION RESPECTING THE PSYCHOTHERAPIST'S PERMIT

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### **Professional Code**

(R.S.Q., c. C-26, ss. 187.1, 187.3.1 and 187.3.2)

### **DIVISION I**

#### **ISSUE OF A PSYCHOTHERAPIST'S PERMIT**

1. The board of directors of the Ordre professionnel des psychologues du Québec issues a psychotherapist's permit to a member of the Ordre professionnel des conseillers et conseillères d'orientation du Québec, the Ordre professionnel des ergothérapeutes du Québec, the Ordre professionnel des infirmières et infirmiers du Québec, the Ordre professionnel des psychoéducateurs et psychoéducatrices du Québec or the Ordre professionnel des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec who

(1) holds a master's degree in the field of mental health and human relations;

(2) has university-level theoretical training in psychotherapy of 765 hours apportioned as follows:

(i) 270 hours on 4 theoretical models of intervention, namely, psychodynamic, cognitive-behavioural, systemic, and communication theories and humanist theories; of the 270 hours, 45 hours must be devoted to 3 of those models and 135 hours to the fourth of those models;

(ii) 90 hours on the common factors, including the psychotherapist's attitudes, the context and the client's expectations, relational quality, communication skills and the placebo effect;

(iii) 90 hours on the essential tools, including scientific methods such as quantitative research and statistics as well as qualitative research including epistemological models such as hermeneutics and phenomenology;

(iv) 180 hours on the classification of mental disorders, psychopathology and problems related to human development including understanding using various models of intervention, recognized classifications such as the Diagnostic and Statistical Manual of Mental Disorders (DSM) and the International Classification of Diseases (ICD) and their subsequent modifications, life cycles and major problems that are related to them;

(v) 45 hours on the link between biology and psychotherapy, including somatopsychic and psychosomatic relationships, the relevance and limits of psychotherapy, a general knowledge of the anatomy and physiology of the central nervous system, as well as psychotropic drugs;

(vi) 45 hours on the legal and organizational aspects of the practice of psychotherapy including the laws and the organizational resources;

(vii) 45 hours on ethics and deontology including the psychotherapist's duties and requirements toward the client, the public and the practice of psychotherapy.

That training must have been received in the course of a program of study leading to a diploma giving rise to the permit of one of the professional orders referred to in the first paragraph of section 187.1 of the Professional Code (R.S.Q., c. C-26) or in the course of training in psychotherapy received in a university-level educational establishment, a private establishment or from a trainer who

(i) is a member of a professional order whose members may practise psychotherapy or holds a psychotherapist's permit;

(ii) holds a master's degree or a higher university degree in the field of mental health and human relations or a doctorate of medicine; and

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(iii) has 5 years of clinical experience in at least 1 of the 4 theoretical models of intervention;

(3) has successfully completed a supervised training period related to at least 1 of the 4 theoretical models of intervention referred to in subparagraph *i* of the first paragraph of paragraph 2 involving a minimum of

(i) 300 hours of direct treatment with at least 10 clients, each client having received a direct treatment of at least 10 hours;

(ii) 100 hours of individual supervision; and

(iii) 200 hours devoted to other activities related to the practice of psychotherapy, such as group supervision, the transcription and writing of notes in records, general case management and directed readings.

The training is supervised by a person who

(i) is a physician or psychologist or holds a psychotherapist's permit;

(ii) holds a master's degree or a higher university degree in the field of mental health and human relations or a doctorate of medicine;

(iii) has 5 years of clinical experience in at least 1 of the 4 theoretical models of intervention; and

(iv) has training in supervision.

O.C. 527-2012, s. 1.

### DIVISION II

#### CONDITIONS FOR USING THE TITLE OF PSYCHOTHERAPIST

2. Physicians or psychologists who use the title of psychotherapist must ensure that it is preceded by their reserved title.

Holders of a psychotherapist's permit must use the title of psychotherapist and ensure that such title is preceded by their reserved title.

O.C. 527-2012, s. 2.

### DIVISION III

#### FRAMEWORK FOR CONTINUING EDUCATION REQUIREMENTS

3. Physicians or psychologists who practise psychotherapy and holders of a psychotherapist's permit must accumulate at least 90 hours of continuing education in psychotherapy over a 5-year period.

Physicians must choose continuing education activities from among the continuing education activities in psychotherapy adopted by the Collège des médecins du Québec.

Psychologists and holders of a psychotherapist's permit must choose continuing education activities from among those provided for in the program of continuing education activities in psychotherapy adopted by the Ordre des psychologues du Québec.

O.C. 527-2012, s. 3.

4. Physicians, psychologists and holders of a psychotherapist's permit are exempted from the obligation to participate in a psychotherapy training activity if they demonstrate that it is impossible for them to participate.

O.C. 527-2012, s. 4.

5. The Collège des médecins du Québec restricts the right to practise psychotherapy of a physician who has not fulfilled his or her obligation to take continuing education until the physician provides the Collège with proof that the obligation has been fulfilled.

The Ordre des psychologues du Québec restricts the right to practise psychotherapy of a psychologist who has not fulfilled his or her obligation to take continuing education until the psychologist provides the Order with proof that the obligation has been fulfilled.

The Ordre des psychologues du Québec suspends the psychotherapist's permit of the holder who has not fulfilled his or her obligation to take continuing education until the holder provides the Order with proof that the obligation has been fulfilled.

O.C. 527-2012, s. 5.

### **DIVISION IV**

#### **INTERVENTIONS THAT DO NOT CONSTITUTE PSYCHOTHERAPY**

6. The following interventions do not constitute psychotherapy within the meaning of the second paragraph of section 187.1 of the Professional Code (R.S.Q., c. C-26):

(1) accompaniment and support of a person through regular or sporadic meetings, so that the person may express his or her difficulties. In such a context, the professional or intervener may give advice or make recommendations;

(2) support intervention to support a person so that the person may maintain and consolidate acquired skills and adaptation strategies by targeting strengths and resources through regular or sporadic meetings or activities. The intervention includes reassuring, advising and providing information related to the person's condition or the experienced situation;

(3) conjugal and family intervention designed to promote and support the optimal functioning of the couple or family by means of interviews that often involve all the family members. Such intervention is intended to change the factors in the functioning of the family or couple that impede the couple's or family members' blossoming or to offer assistance and advice in the face of everyday life's difficulties;

(4) psychological education intended to teach skills through the information and education of the person. Such education may be used at every step of the care and service process. It consists in the teaching of specific knowledge and skills to maintain or improve the person's autonomy or health, in particular to prevent the appearance of health or social problems, including mental problems or the deterioration of the person's mental condition. Such teaching may pertain for instance to the nature of the physical or mental illness, its symptoms, its treatments including the role that may be played by the person in the maintenance or restoration of his or her health, as well as stress management techniques, relaxation techniques, or assertiveness techniques;

(5) rehabilitation aiming at helping a person to deal with the symptoms of an illness or improving the person's skills. Such rehabilitation is used, among other things, with persons suffering from significant mental health problems so that they may reach an optimal level of autonomy towards recovery. It may form part of meetings to accompany or support the person and include, for instance, the management of hallucinations and the practice of day-to-day and social skills;

(6) clinical follow-up that consists in meetings to update a disciplinary intervention plan. It is intended for persons who display behaviour problems or any other problem causing suffering or psychological distress, or health problems, including mental problems. It may involve the contribution of various professionals or interveners grouped in interdisciplinary or multidisciplinary teams. Such follow-up may be part of an intervention plan within the meaning of the Act respecting health services and social services (R.S.Q., c. S-4.2) or the Education Act (R.S.Q., c. I-13.3), take the form of meetings or interventions to accompany or support the person and also include psychological rehabilitation or education. It may also include the adjustment of pharmacotherapy;

(7) coaching to update one's potential by developing talents, resources or skills in a person neither in distress nor in pain, but who expresses particular needs in terms of personal or professional achievements;

(8) crisis intervention consisting in an immediate, short and directing intervention adjusted to the type of crisis, the characteristics of the person and of the person's surrounding. It is intended to stabilize the condition of the person or the person's environment in connection with the crisis situation. That type of intervention may involve exploring the situation and assessing possible consequences, for instance, the danger potential, suicidal risk or risk of decompensation, defusing, support, the teaching of adaptation strategies to deal with the experienced situation and orientation towards services or care more adapted to the needs.

O.C. 527-2012, s. 6.

### **DIVISION V** TRANSITIONAL AND FINAL

#### *§1. Standards for the issue of the permit*

**7.** The board of directors of the Ordre professionnel des psychologues du Québec issues a psychotherapist's permit to a person who applies therefor within 2 years of the date of coming into force of section 187.1 of the Professional Code (R.S.Q., c. C-26) and who

(1) holds a bachelor's degree in the field of mental health and human relations on the date of coming into force of section 187.1 of the Code;

(2) has completed, in the 3 years preceding the date of coming into force of section 187.1 of the Code, 600 hours in psychotherapy in connection with at least 1 of the 4 theoretical models of intervention referred to in subparagraph *i* of the first paragraph of paragraph 2 of section 1;

(3) has completed, in the 5 years preceding the date of coming into force of section 187.1 of the Code or in the year following that date, 90 hours of continuing education in psychotherapy in connection with at least 1 of the 4 theoretical models of intervention referred to in subparagraph *i* of the first paragraph of paragraph 2 of section 1; and

(4) has completed, on the date of coming into force of section 187.1 of the Code, 50 hours of individual supervision pertaining to 200 hours of practice of psychotherapy in connection with at least 1 of the 4 theoretical models of intervention referred to in subparagraph *i* of the first paragraph of paragraph 2 of section 1.

O.C. 527-2012, s. 7.

**8.** The board of directors of the Ordre professionnel des psychothérapeutes du Québec issues a psychotherapist's permit to a person who applies therefor within 2 years of the date of coming into force of section 187.1 of the Professional Code (R.S.Q., c. C-26) and who, on the date of coming into force of section 187.1 of the Code,

(1) is a member of the Ordre professionnel des conseillers et conseillères d'orientation du Québec or of the Ordre professionnel des psychoéducateurs et psychoéducatrices du Québec and is accredited as a psychotherapist; or

(2) is a member of the Canadian Psychoanalytic Society, the Association des psychothérapeutes psychanalytiques du Québec or the Société québécoise des psychothérapeutes professionnels and does not meet the conditions for the issue of a permit by one of the professional orders whose members may practise psychotherapy or, if the person meets those conditions, is a member of one of those orders.

O.C. 527-2012, s. 8.

**8.1.** The board of directors of the Ordre professionnel des psychologues du Québec issues a psychotherapist's permit to a person who applies therefor before 26 September 2015 and who, before the date of coming into force of section 187.1 of the Professional Code, holds a marriage and family therapist's permit issued by the Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec.

A person who, on the date of coming into force of section 187.1 of the Code, is registered in a training program in marital and family therapy giving access to the marriage and family therapist's permit issued by the Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec and who obtains a permit after that date is deemed to meet the condition set out in paragraph 1 of section 1.

O.C. 130-2015, s. 1.

**8.2.** The board of directors of the Ordre professionnel des psychologues du Québec issues a psychotherapist's permit to a holder of a permit issued by the Ordre professionnel des sexologues du Québec who applies therefor before 26 September 2015 and who, before the date of constitution of the Ordre professionnel des sexologues du Québec, has completed his or her master's studies in sexology at the Université du Québec à Montréal with a profile including theoretical and practical training in counseling or clinical sexology.

O.C. 130-2015, s. 1.

### *§2. Trainers and supervisors*

**9.** For the purposes of paragraph 2 of section 1, a person is also a trainer if, on the date of coming into force of section 187.1 of the Professional Code (R.S.Q., c. C-26), the person

(1) is a member of a professional order whose members may practise psychotherapy or holds a psychotherapist's permit;

(2) has 5 years of clinical experience in at least 1 of the 4 theoretical models of intervention; and

(3) has taught for 1 year the theoretical knowledge of at least 1 of the 4 theoretical models of intervention.

O.C. 527-2012, s. 9.

**10.** For the purposes of paragraph 3 of section 1, supervision may also be exercised by a person who, on the date of coming into force of section 187.1 of the Professional Code (R.S.Q., c. C-26),

(1) is a physician or psychologist or holds a psychotherapist's permit;

(2) has 5 years of clinical experience in at least 1 of the 4 theoretical models of intervention; and

(3) has supervised for 1 year the practice of psychotherapy in at least 1 of the 4 theoretical models of intervention.

O.C. 527-2012, s. 10.

*§3. Applicable provisions*

**11.** The following provisions apply to the holder of a psychotherapist's permit who does not meet the conditions for the issue of a permit by a professional order whose members may practise psychotherapy, with the necessary modifications, and by applying the suspension of a psychotherapist's permit to the striking off the professional roll:

(1) sections 43, 45, 45.2, the second paragraph of section 46.2, sections 48 to 52.1, 53 to 57, 58.1 to 60.7, 62.2, 85.1 to 85.3, paragraph 8 of section 86.0.1, sections 88 to 89.1 and 91 of the Professional Code (R.S.Q., c. C-26), Divisions VI and VII, except the first paragraph of section 117, Division VIII of Chapter IV of the Code, except the first paragraph of section 121, and Chapters VI.1, VI.3, VIII and VIII.1 of the Code;

(2) the following regulations:

(i) Règlement sur l'assurance de la responsabilité professionnelle des membres de l'Ordre des psychologues du Québec (c. C-26, r. 210);

(ii) Code of ethics of psychologists (c. C-26, r. 212);

(iii) Règlement sur le comité d'inspection professionnelle de l'Ordre des psychologues du Québec (c. C-26, r. 213);

(iv) Regulation respecting the terms and conditions for the issue of permits by the Ordre professionnel des psychologues du Québec (c. C-26, r. 215);

(v) Regulation respecting the records of a psychologist who ceases to practise (c. C-26, r. 216);

(vi) Regulation respecting the conciliation and arbitration procedure for the accounts of psychologists (c. C-26, r. 220);

(vii) Regulation respecting the keeping of records and consulting-rooms by psychologists (c. C-26, r. 221).

O.C. 527-2012, s. 11.

*§4. Conditions for using the title of psychotherapist*

**12.** A holder of a psychotherapist's permit who does not meet the conditions for the issue of a permit by one of the professional orders whose members may practise psychotherapy must use the title of psychotherapist and ensure that such title is preceded by the title of the university degree held.

O.C. 527-2012, s. 12.

**13.** *(Omitted).*

O.C. 527-2012, s. 13.

O.C. 527-2012, 2012 G.O. 2, 1807

O.C. 130-2015, 2015 G.O. 2, 308