

Distinguishing the Different Professionals

Psychotherapist

A psychotherapist is someone who is trained to foster personal development and liberate people from unsatisfactory and painful problems of daily living. They work in close collaboration with clients paying attention to the interactions of personal and interpersonal experience, of past and present, of body and mind, of fantasy and reality. Personal transformation may result.

*The Tapestry of Psychoanalysis: A Textured Human Relationship, APA Brochure.

At the moment in Ontario training and qualification as a therapist varies. However, in the top training programs psychotherapists take at least six years to complete a comprehensive program which earns them the equivalent to an academic master's degree (e.g., M.A., M. Ed.). They study not only academically, but also experience therapy themselves as individuals and as group members and undergo supervision both individually and in group. (See also Regulation under FAQ)

A brief list of other professionals who may do psychotherapy.

Psychiatrist (MD Psych.)

Psychiatrists, like your family doctor, are medical doctors (MD), who, after completing medical school, receive an additional four years of specialized mental-health training. Psychiatrists can diagnose and treat the full range of emotional and mental disorders. They are licensed by the Government in Ontario to prescribe medication and hence are covered by OHIP (Ontario Health Insurance Plan). Most psychiatrists focus on prescribing medications for biologically-based aspects of mental illness, for e.g., schizophrenia, and consulting with family doctors, and other mental health workers. sometimes use psychotropic medication in conjunction with therapy to treat patients.

GP (General Practice) Psychotherapists.

Some medical doctors may have undergone additional training that permits them to bill OHIP for a limited amount of psychotherapy. These doctors are known as GP (General Practice) Psychotherapists.

Psychologist (Ph D.)

Psychologists have earned academic degrees in psychology at the doctoral level, hence are called doctors. However, unlike medical doctors like psychiatrists, their training may have been focused on theory and research methods, or they may have concentrated in clinical therapy and counseling. Psychologists are required to complete several years of supervised practice before becoming licensed. They can diagnose and treat mental illness but do not prescribe medicine and are not covered by OHIP. Their hourly rate in Ontario for 2013 is \$220.00.