



Qualified mental health practitioner

Sun Life reviews all paramedical practitioner credentials and Sun Life-approved associations to ensure the required eligibility standards are being met and that best practices and careful due diligence are exercised when updating eligibility of what is considered 'Qualified' as well as the associations that must be approved.

Qualified means a person who is a member of the appropriate governing body established by the provincial government for their profession. In the absence of a governing body, the person must be an active member of an association approved by Sun Life.

Qualified paramedical practitioners must:

- belong to a regulatory body or in the absence of a regulatory body, belong to an association approved by Sun Life,
- be licensed or registered, as required by the applicable provincial regulatory body,
- have undergone appropriate training and obtained necessary credentials in support of the services or supplies rendered,
- maintain clinical records and files consistent with the reasonable practices and standards of others in their field or as may be required by a regulatory body or association,
- produce clinical records and files to Sun Life upon request and generally act in a manner that is responsive to inquiries from Sun Life, and
- not engage in administrative practices unacceptable to Sun Life.

Qualifications

Psychologists

A psychologist is someone who is permanently certified and listed in the appropriate provincial registry. They must be registered in the province of practice.

Designations/Credentials

C. Psych (Certified Psychologist)
R. Psych. (Registered Psychologist)
Psychological Associate (PA)

In New Brunswick & Yukon

L. Psych (Licensed Psychologist)

In Québec

PSY PhD (Doctorate of Philosophy-Psychology)
MPS (Masters of Psychology)
DPS (Doctorate in Psychology)

Associations & Provincial Regulatory Bodies

British Columbia	College of Psychologists of British Columbia
Alberta	College of Alberta Psychologists (CAP)
Manitoba	Psychological Association of Manitoba
Saskatchewan	Saskatchewan College of Psychologists
Ontario	College of Psychologists of Ontario
Québec	Ordre des Psychologies du Québec (MOPQ / OPQ)
New Brunswick	College of Psychologists of New Brunswick
Newfoundland and Labrador	Newfoundland and Labrador Psychology Board
Nova Scotia	The Nova Scotia Board of Examiner in Psychology
Prince Edward Island	Prince Edward Island Psychologists Registration Board
Yukon Territories	<i>As there are no regulatory bodies in this province, services are eligible as long as the practitioner is registered with another province's regulatory body</i>
Nunavut	Nunavut Territory Registration of Psychologist
North West Territories	Registrar of Psychologists Dept. of Health and Social Services

Social Worker

A social worker is a health care professional dedicated to the welfare and self-fulfilment of human beings, and the development and disciplined use of scientific knowledge regarding human behaviour and society.

Designations/Credentials

M.S.W. (Masters of Social Work)
R.S.W. (Registered Social Worker)

Associations & Provincial Regulatory Bodies

British Columbia	Board of Registration for Social Workers (also known as British Columbia College of Social Workers)
Alberta	Alberta College of Social Workers
Manitoba	The Manitoba Institute of Registered Social Workers
Saskatchewan	Saskatchewan Association of Social Workers
Ontario	Ontario College of Social Workers and Social Services Workers
Québec	Ordre des travailleurs sociaux et thérapeutes conjugaux et familiaux du Québec (OTSTCFQ)
New Brunswick	New Brunswick Association of Social Workers
Newfoundland and Labrador	Newfoundland and Labrador Association of Social Workers
Nova Scotia	Nova Scotia Association of Social Workers
Prince Edward Island	PEI Social Work Registration Board
Yukon Territories	<i>Provider does not have to register with the Department of Health and Social Services to be allowed to practice. Services are eligible as long as the practitioner is registered with another province's regulatory body.</i>

Nunavut	<i>Provider does not have to register with the Department of Health and Social Services to be allowed to practice. Services are eligible as long as the practitioner is registered with another province's regulatory body.</i>
North West Territories	Department of Health and Social Services

Psychotherapists

Psychotherapy is a technique, a treatment designed to produce a response by mental rather than by physical effects, including the use of suggestion, persuasion, re-education, reassurance, and support, as well as the techniques of hypnosis, abreaction, and psychoanalysis which are employed in the deep psychotherapy.

Designations/Credentials

There are no specific credentials, but they are considered eligible based on the association membership listed below.

Associations & Provincial Regulatory Bodies

There are provincial regulatory colleges in Ontario and Québec:

- College of Registered Psychotherapists of Ontario
- Ordre des Psychologues du Québec (MOPQ / OPQ)

In the absence of a provincial regulatory college they must be a member of one of the following associations approved by Sun Life:

- Ontario Society of Psychotherapists (OSP)
- Québec Association of Marriage and Family Therapy (QAMFT)
- Canadian Association for Psychodynamic Therapy
- Canadian College of Professional Counsellors and Psychotherapists
- The Ontario Association of Consultants, Counsellors, Psychometrists, and Psychotherapists (OACCPP)
- Canadian Association of Psychoanalytic Child Therapists (CAPCT)

Psychoanalysts

Psychoanalysis services involve therapeutic techniques used to study the unconscious mind and is used as a method of treatment for certain mental health disorders, including depression and anxiety.

Designations/Credentials

We recognize psychoanalysts who are physicians and have completed a four-year residency program in psychiatry, or psychologists or social workers who have completed a doctoral program in their fields and have had intensive clinical experience. Outstandingly qualified scholar-researchers, educators, and selected other professionals may also become psychoanalysts.

Clinical Counsellors

A Registered Clinical Counsellor (RCC), Registered Clinical Therapist (RCT), or Therapist in Helping Relationship (TRA) is a person who has successfully fulfilled requirements of education, supervision and clinical experience and is a registered clinical counsellor/therapist with a provincial regulatory body or provincial association.

Designations/Credentials

RCC (Registered Clinical Counsellor)

RCT (Registered Clinical Therapist)

TRA (Therapist in Helping Relationship / Thérapeute en relation d'aide)

RTC (Registered Therapeutic Counsellor)

CCC (Canadian Certified Counsellor)

RPC (Registered Professional Counsellor)

Associations & Provincial Regulatory Bodies

There are provincial regulatory colleges in New Brunswick and Nova Scotia:

- College of Counselling Therapists of New Brunswick (CCTNB)
- Nova Scotia College of Counselling Therapists (NSCCT)

In the absence of a provincial regulatory college they must be a member of one of the following associations approved by Sun Life:

- Canadian Counselling & Psychotherapy Association (CCPA)
- BCACC (BC Association of Clinical Counsellors)
- CPCA (Canadian Professional Counsellors Association) (B.C.)
- ACCT (Association of Cooperative Counselling Therapists of Canada)
- RITMA (Regroupement des intervenants et thérapeutes en médecine alternative)

Family (and Marriage) Therapists

There are no specific credentials, but they are considered eligible based on the association membership listed below.

Associations & Provincial Regulatory Bodies

There are no provincial regulatory colleges for this type of practitioner, however, they must be a member of one of the following associations:

- BCAMFT BC Association for Marriage & Family Therapy
- CCPA Canadian Counselling & Psychotherapy Association
- CAMFT Canadian Association for Marriage and Family Therapy
- OAMFT Ontario Association for Marriage & Family Therapy