

RE: Including Registered Psychotherapists in our Benefits Plan

To Whom It May Concern:

I am writing to formally request that Registered Psychotherapists be added to our employee benefits plan.

Our plan currently covers psychotherapy services provided by other regulated professions, such as psychologists. Access to mental health care is of critical importance for both employers and employees; adding Registered Psychotherapists, who are regulated to provide psychotherapy by the College of Registered Psychologists of Ontario, to our extended health care plan has many benefits:

- Employees are able to access psychotherapy services from a wider range of professionals, which means that wait times for receiving services are drastically reduced;
- Employees have more choice regarding their psychotherapy provider, which is important as research has demonstrated the significance of the therapeutic alliance in the process of change;
- Employees have access to a wider range of psychotherapy providers which may be more cost effective

For more information about Registered Psychotherapists in Ontario, please see: [www.crpo.ca](http://www.crpo.ca)

Thank you for your attention to this important matter.