



Regulation of Psychotherapy Q&A

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1. When will the profession of psychotherapy be regulated in BC?

In July 2024, the profession of psychotherapy was designated for future regulation under the [Health Professions and Occupations Act](#) (HPOA). As per [B.C. Reg. 131/2025](#), the profession of psychotherapy will be regulated on November 29, 2027, by the College of Health and Care Professionals of British Columbia (CHCPBC).

This transition timeline was established to allow the CHCPBC time to onboard practitioners and prepare to regulate the profession, and for the Ministry to make any necessary amendments to how the scope of practice of psychotherapy is specified in regulation.

2. What work is underway, in preparation for the regulation of psychotherapy?

Both the Ministry and the CHCPBC are working towards the regulation of psychotherapy by November 29, 2027. This involves a number of steps to ensure that regulation amendments are completed, and college processes are in place to regulate psychotherapists by the legislated timeline.

The Ministry is engaging with key partners, including the CHCPBC and other interested parties, and reviewing previous feedback received, to determine any necessary changes to how the scope of practice for psychotherapy (outlined in [B.C. Reg. 131/2025](#)) is specified in regulation.

At the same time, the CHCPBC is undertaking necessary policy work, including a review of models of psychotherapy regulation in other Canadian jurisdictions and globally, to determine an appropriate regulatory model for psychotherapy in BC.

3. Who determines the eligibility requirements for licensure to practice a regulated health profession in BC?

Under the legislative authority of the HPOA, it is the responsibility of a **regulatory college** to determine the eligibility requirements for licensure to practice a regulated health profession in BC. Regulatory colleges must set their eligibility requirements in bylaws - and provide notice and engage in consultation on the bylaws.

As a comparison, regulatory colleges and health profession associations serve distinctly different functions. The primary purpose of a health profession association is to represent its members and advocate on their behalf. Associations can provide valuable input during engagement and consultation opportunities. However, regulatory colleges are responsible for making regulatory decisions about the eligibility requirements for licensure.

4. What will the eligibility requirements be for licensure to practice as a psychotherapist in BC?

The CHCPBC has not made nor communicated a decision on the eligibility requirements for psychotherapy licensure. For example, a decision has not been made on whether

eligibility for licensure may require a master's degree and/or include consideration for competency-based skills acquisition.

Under the HPOA, all regulatory colleges have an obligation to be transparent and conduct meaningful public engagement when drafting bylaws, including bylaws on licensure eligibility. Please monitor the [Bylaws webpage](#) on the CHCPBC's website for notification on when the college's bylaws will be posted.

5. Is the Ministry considering the creation of a new restricted activity to assist in the regulation of psychotherapy?

Yes, the Ministry is engaging in public consultation regarding the creation of a new restricted activity for the highest-risk psychotherapeutic care interventions, to assist in the regulation of psychotherapy and higher-risk mental health services. This new restricted activity may need to be added to the regulations for other professions that also hold eligibility and competency to provide these services.

Restricted activities are a narrowly defined list of higher-risk activities that can only be performed by authorized and qualified practitioners, to enhance public safety. To learn more about BC's shared scope of practice and restricted activities model of health professional regulation, visit the Health Profession Regulation website at:

<https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/professional-regulation/health-professions-and-occupations-act#shared>

The Ministry is posting the policy intent for the proposed new restricted activity for a period of 30 days for public consultation and feedback. The policy intent and instructions for how to submit feedback can be found on the Ministry's [Public Consultation](#) webpage.

Additionally, the Ministry is engaging with key partners to assess potential impacts on regulated and unregulated providers who may currently be performing the highest-risk psychotherapeutic care activities. This may result in required amendments to several other health professions regulations under the HPOA, to ensure continuity of services.

6. What is the restricted activity intended to cover?

The new restricted activity is intended to cover the **highest-risk psychotherapeutic care interventions** used in the treatment of persons experiencing significant mental health disorders or conditions and associated impairments.

This approach aligns with what is in place in other Canadian jurisdictions that have regulated the profession of psychotherapy and/or implemented a restricted activity related to higher-risk psychotherapeutic care services.

7. What is the restricted activity *not* intended to cover?

The new restricted activity is **not intended to capture the full scope of practice of psychotherapists**.

Additionally, there is **no intention to limit the practice of other clinicians (regulated and unregulated) who support patients using counselling modalities** - including those who may not meet the eligibility criteria for regulation as a psychotherapist.

8. Where can I go for more information?

Additional information on regulation of psychotherapists can be found on the CHCPBC's [Regulating Psychotherapists](#) webpage.

Additional information about the regulation of health professions can be found on the Ministry's [Health Profession Regulation webpage](#).