[Employee name and address]

[Date]

Dear [Employer],

I am writing to request that you include the services of Registered Psychotherapists under the Extended Health Care section of my benefits plan. This addition would expand my range of choices in the event that I need to access support for my mental health and well-being.

As you may already be aware, the College of Psychotherapist of Ontario (CRPO) came into effect in April, 2015 (in accordance with the *Psychotherapy Act, 2007*). As a result, Registered Psychotherapists (RPs) are now Regulated Health Professionals in the province of Ontario (in accordance with the *Regulated Health Professions Act, 1991*). For more information, please visit the website of the CRPO at: <http://www.crpo.ca>.

Psychotherapists are mental health professionals who are authorized to “treat, by means of psychotherapy technique delivered through a therapeutic relationship, an individual’s serious disorder of thought, cognition, mood, emotional regulation, perception or memory that may seriously impair the individual’s judgement, insight, behaviour, communication or social functioning” (*Psychotherapy Act, 2007, c. 10, Sched. R, s. 4.*). Psychotherapy has a proven track record of effectiveness in helping people to live healthier, happier, and more productive lives. For a comprehensive review of the benefits of psychotherapy, please visit: <http://www.apa.org/about/policy/resolution-psychotherapy.aspx>

I would appreciate a response indicating whether there is flexibility within my coverage to cover the services of Registered Psychotherapists. If this option is available, would you please let me know how I can add it to my benefits plan?

Thank you for your consideration.

Sincerely,

[Name]