



College of  
**Midwives**  
of Ontario

Ordre des  
**sages-femmes**  
de l'Ontario

# Guide on Funding for Therapy & Counselling

September 2023

## Introduction

This guide provides information on the program the College administers to provide funding for therapy and counselling for clients who were, or may have been, sexually abused by a midwife while they were a client.

## Funding Eligibility

A client is eligible for funding if any of the following circumstances exist:

- A midwife is the subject of a complaint or Registrar's investigation alleging sexual abuse of a client
- There has been a finding of sexual abuse by a Discipline Committee panel

A client is not required to undergo a psychological or other assessment before receiving funding.

## Funding Amount and Time Limits

The amount of funding provided will depend on the circumstances. The maximum amount available as at 2021 is approximately \$17,000 over a five-year period.<sup>1</sup>

Funding may be provided for up to five years from the date the client became eligible for funding or the date they first received therapy and counselling.<sup>2</sup> To receive the full benefit of funding, clients should submit their application as early as possible.

If some of the cost of the therapy and counselling is covered by the Ontario Health Insurance Plan (OHIP) or a private insurer, the amount of College funding will be reduced by that amount.<sup>3</sup>

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<sup>1</sup> O.Reg. 59-94 under the RHPA, s. 1(a).

<sup>2</sup> *Supra*, note 2, s. 1(b).

<sup>3</sup> *Ibid*, RHPA, s. 85.7(11).

## Restrictions on Use of Funding

The funding can only be used to pay for therapy and counselling<sup>4</sup> and must be paid to your therapist or counsellor directly by the College.<sup>5</sup> The funding provided does not cover travel, accommodation or other incidental costs incurred as a result of therapy. Missed appointments are also not covered.

## Choosing a Therapist/Counsellor

If you are eligible for funding, you may choose any therapist or counsellor as long as the therapist or counsellor:

- Is not a family member
- Has not been found guilty of sexual misconduct or been found civilly or criminally liable for a similar act
- Signs a document to confirm that they are not subject to professional discipline if they are a regulated health professional<sup>6</sup>

Some factors you may wish to consider in selecting a therapist or counsellor are:

- Whether the therapist/counsellor is a regulated health professional under the *Regulated Health Professions Act* (RHPA), 1991.

If your therapist/counsellor is not a regulated health professional, you will have no way of knowing whether he or she is appropriately qualified to practice and you may not have a governing body to contact if you have concerns about the therapist/counsellor's conduct.

- Whether the therapist/counsellor has expertise in treating the

<sup>4</sup> *Ibid*, s. 85.7(9).

<sup>5</sup> *Ibid*, s. 85.7(8).

<sup>6</sup> *Supra*, note 1, s. 85.7(7).

effects of sexual abuse

- Your comfort in meeting with the therapist/counsellor. This will be a person that you will be disclosing personal information to, and will be discussing your experience involving sexual abuse.
- Whether there will be costs in travelling to see your therapist/counsellor. Such costs are not covered by the College.

In the event you are not satisfied with your chosen therapist/counsellor, if you still have remaining funds for therapy/counselling, you may attain a new therapist/counsellor. The new therapist/counsellor will have to fill out a new form (Form B) to be reviewed and approved by the College.

### **Obtaining Funding for Past Therapy/Counselling**

If you paid for therapy yourself in the past and would like to request reimbursement for these costs, you may do so. However, legislation mandates that the College only pay the therapist/counsellor and not you.<sup>7</sup> Therefore, if you are approved for funding, the therapist/counsellor must agree to reimburse you and the College will pay the therapist/counsellor.

### **How to Apply**

To apply, you must complete and submit to the College, **Form A – Funding for Therapy & Counselling Application**

Other forms must be completed and submitted to the College as applicable:

**Form B – Therapist/Counsellor Information** must be completed and signed by the

therapist/counsellor selected by the applicant.

Applicants must complete **Form C – Request for Reimbursement of Past Therapy or Counselling Costs** if the applicant wishes to be reimbursed for therapy/counselling that has already been provided.

The therapist/counsellor must submit **Form D – Therapy & Counselling Invoice Submission Form** to the College for payment processing.

College staff is available to you to provide additional information and assist you in this process. You may us at 416-640-2252 or by email at [conduct@cmo.on.ca](mailto:conduct@cmo.on.ca).

### **Application Review**

The College's Client Relations Committee's ("CRC") oversees the program. All applications will be screened by College staff.

Applications that meet the CRC's criteria for eligibility will be approved at a staff level within 5 business days of receipt.

Applications that do not meet the CRC criteria are referred to the CRC for review and approval within 10 business days.

You will be advised of the decision, as well as the amount of funding that you have been approved for, or the reasons why your application was denied.

You are not required to meet with the CRC. However, as part of its review, the CRC may be privy to some of the information you provide to the College regarding the allegation. The College recognizes that the information you provide is sensitive and personal and will only disclose the least amount of

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<sup>7</sup> *Supra*, note 5.

information required to consider eligibility for funding.

#### **Application Decision – Confidentiality**

A decision by the CRC granting funding does not constitute a finding that the midwife in question engaged in sexual abuse and cannot be considered by any other committee of the College when dealing with the midwife.<sup>8</sup>

In addition, all information obtained through the application funding process, including the fact that funding has been granted and the reasons, if any, given by the CRC for granting the funding, must be kept confidential by you and your therapist.

If allegations are referred for a discipline hearing or if the College wishes to recover costs of therapy where there are findings of professional misconduct as a result of a discipline hearing, the midwife may receive a copy of the funding application as part of disclosure obligations.

College staff, on behalf of the CRC will provide updates to clients on the status of their funding application on an as needed basis.

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<sup>8</sup> *Ibid*, s. 85.7(5.1).



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