



Virtual Care & Jurisdiction Disclaimer

I am a Registered Psychotherapist (Qualifying) in Ontario, Canada, regulated by the College of Registered Psychotherapists of Ontario (CRPO).

This information explains how virtual services work across different locations so you can make informed choices about your care.

Psychotherapy (Regulated Service)

Psychotherapy is a regulated health profession in Ontario. Because rules vary by province, state, and country:

- I can provide psychotherapy only to clients who are physically located where an Ontario-registered psychotherapist is legally allowed to practise.
- Please share your location at the start of each session. This helps ensure safety, emergency planning, and regulatory compliance.

If you reside outside Ontario or are travelling, psychotherapy services may have to be temporarily paused until your eligibility in that area is verified.

Wellness Services (Unregulated Services)

In addition to psychotherapy, I offer mindfulness coaching, spiritual life-coaching, havening and wellness-focused supports (if not classified as psychotherapy in your region).

- These services are not regulated health services and are not governed by CRPO.
- They are designed to support personal growth, insight, and well-being.
- They do not replace psychotherapy, mental health treatment, or medical care.
- Because they are unregulated, these services may be available across a wider range of locations.

I will always make clear which type of service you are receiving so you have full transparency.



Virtual Care & Jurisdiction Disclaimer

Limitations of Virtual Care

Virtual care is convenient but has limitations:

- Technology may affect privacy or connection stability.
 - I cannot provide emergency or crisis intervention through virtual sessions.
 - If you are experiencing a crisis, contact local emergency support immediately.
-

Emergency Contacts

Canada:

- Emergency Services: **911**
- **988 Suicide Crisis Helpline: Call or text 988 (24/7)**

United States:

- Emergency Services: **911**
- 988 Suicide & Crisis Lifeline: Call or text 988 (24/7)
- Crisis Text Line: Text HOME to 741741