

## Interventions that are not psychotherapy

Some interventions are related to, but do not constitute, psychotherapy. The Regulation respecting the psychotherapist's permit lists some of these interventions and provides the following definitions.

- **Accompaniment and support** of a person through regular or sporadic meetings, so that the person may express his difficulties. In such a context, the professional or intervener may give advice or make recommendations.
- **Support intervention** to support a person so that the person may maintain and consolidate acquired skills and adaptation strategies by targeting strengths and resources through regular or sporadic meetings or activities. The intervention includes reassuring, advising and providing information related to the person's condition or the experienced situation.
- **Conjugal and family intervention** designed to promote and support the optimal functioning of the couple or family by means of interviews that often involve all the family members. Such intervention is intended to change the factors in the functioning of the family or couple that impede the couple's or family members' blossoming or to offer assistance and advice in the face of everyday life's difficulties.
- **Psychological education** intended to teach skills through the information and education of the person. Such education may be used at every step of the care and service process. It consists in the teaching of specific knowledge and skills to maintain or improve the person's autonomy or health, in particular to prevent the appearance of health or social problems, including mental problems or the deterioration of the person's mental condition. Such teaching may pertain for instance to the nature of the physical or mental illness, its symptoms, its treatments including the role that may be played by the person in the maintenance or restoration of his health, as well as stress management techniques, relaxation techniques, or assertiveness techniques.
- **Rehabilitation** aiming at helping a person to deal with the symptoms of an illness or improving the person's skills. Such rehabilitation is used, among other things, with persons suffering from significant mental health problems so that they may reach an optimal level of autonomy towards recovery. It may form part of meetings to accompany or support the person and include, for instance, the management of hallucinations and the practice of day-to-day and social skills.

- **Clinical follow-up** that consists in meetings to update a disciplinary intervention plan. It is intended for persons who display behaviour problems or any other problem causing suffering or psychological distress, or health problems, including mental problems. It may involve the contribution of various professionals or interveners grouped in interdisciplinary or multidisciplinary teams. Such follow-up may be part of an intervention plan within the meaning of the Act respecting health services and social services (chapter S-4.2) or the Education Act (chapter I-13.3), take the form of meetings or interventions to accompany or support the person and also include psychological rehabilitation or education. It may also include the adjustment of pharmacotherapy.
- **Coaching** to update one's potential by developing talents, resources or skills in a person neither in distress nor in pain, but who expresses particular needs in terms of personal or professional achievements.
- **Crisis intervention** consisting in an immediate, short and directing intervention adjusted to the type of crisis, the characteristics of the person and of the person's surrounding. It is intended to stabilize the condition of the person or the person's environment in connection with the crisis situation. That type of intervention may involve exploring the situation and assessing possible consequences, for instance, the danger potential, suicidal risk or risk of decompensation, defusing, support, the teaching of adaptation strategies to deal with the experienced situation and orientation towards services or care more adapted to the needs.

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