

Finding the *right* therapist

It can be overwhelming to know where to start when looking for mental health support.

Understanding types of therapy and who can diagnose or prescribe medication can help you find the best fit for you or your dependent.



Selecting a therapist

When choosing among different providers, you may want to consider:

- Whether the therapist is licensed and registered with a professional group, to ensure quality of care.
- Do they have specific training for and expertise in the concern(s) you want help with?
- The person seeking help – does the provider have experience treating the person seeking care (adult, child, adolescent)
- Does their approach resonate with you?



Did you know?

Evidence shows that combining psychotherapy and medications can be more effective than either treatment alone.¹

In some cases, medication and/or a diagnosis can be part of the treatment plan for mental health concerns to ensure you're getting the right support and most effective treatment.

¹ Treating Conditions and Disorders | CAMH, 2019



Understand your options

Therapy can be provided through different approaches by different mental health professionals.



Therapy types

Structured psychotherapy

is an approach to mental health intervention that is systematic, evidence-based, and intended to be used in the short-term. It can be provided to individuals or in small groups.

Formats

- Cognitive-behavioral therapy (CBT)
- Interpersonal therapy (IPT)
- Dialectical behaviour therapy (DBT)
- Psychodynamic therapy
- Solution-focus therapy

Talk Therapy is what mental health professionals use to communicate with their patients. The purpose of talk therapy is to help people identify issues that cause emotional distress.

Anyone can potentially benefit from therapy sessions, from someone who could use a safe place to discuss their feelings to someone who is dealing with a mental health condition.

Provider Quick Reference guide

Expertise		Diagnose	Prescribe medication
Provincial Coverage Available			
Psychiatrist Medical degree + 5 yr. residency in Psychiatry	Diagnosis, study, and treatment of mental, emotional, and behavioural disorders. Because they are medical doctors, they are licensed to prescribe medication. Referral from your family doctor is required.	Yes	Yes
Family Doctor	Primary care for general medicine across the general population.	Yes	Yes
Your group benefits plan may cover the costs			
Psychologist PhD and/or Master's Degree*	Assessment, diagnosis, and providing therapy to treat mental health issues.	Yes	No
*Ontario, Quebec, Manitoba and British Columbia require a PhD.			
Social Worker Bachelor's Degree	Equipped to work with individuals, families, and groups. They can provide help across a variety of areas, including mental health, family issues, or behavioral problems.	Only if they are a clinical social worker	No
Clinical Counselor Master's Degree	Specialized treatment for human sexuality, substance abuse and addiction, and family or couples counselling. Through counselling they offer support to improve coping skills, communication, and self-esteem.	No	No
Marriage & Family Therapist Master's Degree	Conflict resolution within family or couples' relationships. They can help you understand their situation, facilitate healing, and create change by improving communication and coping tools.	No	No
Psychotherapist Master's Degree	Treatment of emotional and mental health issues negatively impacting an individual, to improve their general functioning and ability to enjoy life. They can work with individuals, couples, or families to assist with a variety of mental health conditions.	No	No
Psychoanalyst Medical or doctorate degree + 4 years of clinical training	Uncover unconscious thoughts and processes that may be causing emotional distress or unhappiness to resolve/release these issues.	Only if they are also a psychiatrist or psychologist	No

The key to success

The most important thing is to choose a provider you are comfortable with. They should be someone you feel you can trust and talk openly with. You may need to try more than one to find the right fit.

Find out what's included in your benefits plan on [Manulife group benefits site](#) or [Manulife Mobile app](#).

Our Therapist Guided program powered by MindBeacon may be an eligible expense under your Manulife benefit plan. Visit [Manulife \(mindbeacon.com\)](#) to learn more.