



# Characteristics of Mental Performance and Mental Health Practitioners

Mental Performance Consultant

Counsellor, Psychotherapist, Social Worker

Psychologist

Medical Doctor

Psychiatrist

MPC

C, P, S

PSY

MD

MD-P

● Master's or PhD degree in Human Kinetics or related field; specialized in sport psychology

● Master's degree in counselling, social work, or related field

● Master's or PhD degree in psychology

● Doctor of Medicine degree

● Doctor of Medicine degree; specialized in psychiatry

● Canadian Sport Psychology Association (CSPA) and Association of Applied Sport Psychology (AASP)

● Canadian Counselling and Psychotherapy Association (CCPA) or Provincial/Territorial College/Association

● Provincial or Territorial Licensing College

● Medical College

● Medical College

● Improve sport performance and mental health through mental performance consulting/training **YES**

● Improve sport performance and mental health through mental performance consulting/training **ONLY if dually trained as MPC**

● Improve sport performance and mental health through mental performance consulting/training **ONLY if dually trained as MPC**

● Improve sport performance and mental health through mental performance consulting/training **NO**

● Improve sport performance and mental health through mental performance consulting/training **NO**

● Improve mental health through psychotherapy **ONLY if dually trained as PSY, C, P, S**

● Improve mental health through psychotherapy **YES**

● Improve mental health through psychotherapy **YES**

● Improve mental health through psychotherapy **ONLY if have training**

● Improve mental health through psychotherapy **YES**

● Diagnose mental illness through clinical assessment/testing **ONLY if dually trained as PSY**

● Diagnose mental illness through clinical assessment/testing **ONLY if dually trained as PSY**

● Diagnose mental illness through clinical assessment/testing **YES**

● Diagnose mental illness through clinical assessment/testing **YES**

● Diagnose mental illness through clinical assessment/testing **YES**

● Treat mental illness through psychotherapy **Only if dually trained as PSY, C, P, S**

● Treat mental illness through psychotherapy **YES**

● Treat mental illness through psychotherapy **YES**

● Treat mental illness through psychotherapy **Only if have training**

● Treat mental illness through psychotherapy **YES**

● Prescribe and manage medication **NO**

● Prescribe and manage medication **NO**

● Prescribe and manage medication **NO**

● Prescribe and manage medication **YES**

● Prescribe and manage medication **YES**

## Education

## Registering Body

## Scope of Practice