



# WHEN TO CONSIDER A REFERRAL TO OSP

## CLIENT WANTS A STRUCTURED THERAPY

- OSP provides Structured Cognitive Behavioural Therapy only.
- OSP is a good fit for people who want weekly or bi-weekly support with tangible skills and between-session practice.

*Note: OSP does NOT provide Supportive counselling, Grief therapy, Crisis management, Case management, Housing or financial supports, Chronic pain management, Substance use counselling, or DBT.*

## CLIENT'S SYMPTOMS ARE WITHIN OSP'S SCOPE

If a client is seeking support in the following areas, OSP and CBT may be a good fit:

- Depression and low mood
- Generalized Anxiety and Worry
- Post-Traumatic Stress
- Obsessive Compulsive Concerns
- Social Anxiety
- Health Anxiety
- Specific Phobias
- Unexpected Panic & Agoraphobic Fears
- Other Anxiety & Stress-Related Concerns (BounceBack only)

## CLIENT IS OPEN TO FACING FEARS OR TESTING HYPOTHESES

- Many CBT protocols involve exposure to objectively safe situations that have been avoided, as well as confronting distressing thoughts and beliefs.
- These strategies have been found in research to be very effective, but not every person may want treatment that uses this type of approach to reducing symptoms.

## CLIENT UNDERSTANDS THEY MAY BE TRIAGED TO SELF-LED OR THERAPIST-LED CBT SERVICES

- OSP offers a stepped-care model where, after an intake assessment, many people start with self-led CBT resources, supported by a therapist or coach (ie. through use of workbooks, or internet-based CBT services).
- Clients complete symptom measures each week to track progress in treatment.
- Clients may be stepped up to individual or group CBT psychotherapy if needed, delivered either in person, virtual, or over telephone.
- Clients can step up by talking to their coach or clinician or calling OSP and requesting more support.

## EXCLUSIONARY CRITERIA

OSP is **NOT** able to meet a person's needs if:

- Client is **actively suicidal** and with **impaired coping skills** and/or has attempted suicide in the past six months.
- Client poses a **high risk to themselves, risk to others or is at significant risk of self-neglect**.
- Client is **self-harming**, which is the primary concern.
- Client is experiencing significant symptoms of **mania or hypomania** currently or has experienced these symptoms within the past year.
- Client is experiencing significant symptoms of a **psychotic disorder** currently or has experienced these symptoms within the past year.
- Client has a **severe/complex personality disorder** that would impact their ability to actively participate in CBT for anxiety or depression.
- Client has requested **medication management** only.
- Client has **moderate to severe impairment of cognitive function** (e.g. dementia or acquired brain injury); or moderate/severe impairment due to a developmental disability or learning disability that would impact their ability to actively participate.
- Client currently has **problematic substance use** or has had problematic substance use in the past three months that would impact their ability to actively participate in CBT.
- Client has a **severe eating disorder** that would impact their ability to actively participate in CBT for anxiety or depression.



**Ontario Structured Psychotherapy Program - Central North**  
therapyontario.ca | osp@waypointcentre.ca | 1-877-341-4729 x 2883

To make a referral,  
visit our website: