

Psychotherapist

Talk therapy as a career. A master's degree, supervised hours, then a caseload that is often mostly your own private clients.

TYPICAL PAY

\$71,000

a year, full time

PAY RANGE

\$48k to \$104k

starting to experienced

TIME TO QUALIFY

6 to 8 years

after high school

DEMAND

Good

job outlook

LICENCE NEEDED

Yes

regulated job

WHERE YOU WORK

Private practice, community mental health, hospitals, universit...

How you get there

- 1 High school** Grades 11 and 12
English, social sciences, any psychology course your school offers.
- 2 Bachelor's degree** 4 years
Psychology is the usual choice but not required. Volunteer on a crisis line while you do it.
- 3 Master's in counselling or psychotherapy** 2 years
Two years including a supervised practicum. Public university programs are competitive; private ones are easier to enter and cost more.
- 4 Qualifying registration and supervised hours** 1 to 2 years
In Ontario you register with the CRPO (College of Registered Psychotherapists of Ontario) as a qualifying member, then log about 450 client hours and 100 supervision hours while working.
- 5 Registration exam, then full registration** After the hours are done
Pass the CRPO (College of Registered Psychotherapists of Ontario) exam and you become an RP (registered psychotherapist), free to practise independently.

Pros and cons

- + You can be seeing clients 6 years after high school
- + Demand keeps rising and insurance coverage is expanding
- + Set your own hours and rates in private practice
- Income is unstable until your caseload fills
- Supervised hours cost money and take 1 to 2 years
- Emotionally draining; you absorb other people's worst days

Good to know

Ontario only started regulating in 2015

The CRPO (College of Registered Psychotherapists of Ontario) opened in April 2015. Before that, anyone in Ontario could call themselves a psychotherapist.

No sales tax since 2024

Psychotherapy and counselling therapy became exempt from GST and HST (the federal and harmonized sales taxes) in June 2024, after years of lobbying. Clients keep the 5% to 15%, depending on the prov...

Optional boosts

CBT (cognitive behavioural therapy) certification. EMDR (eye movement desensitization and reprocessing). Couples and family therapy. Clinical supervisor.

Where these numbers come from

Job Bank: Psychotherapists, wages (updated Nov 2025)
College of Registered Psychotherapists of Ontario
Canadian Counselling and Psychotherapy Association

Numbers checked September 2026. Pay figures are typical full-time annual amounts in Canadian dollars, based on Government of Canada Job Bank wage data and published salary grids. They vary by province, employer and experience. Tuition is for domestic students. Sources, links and the click-through version: <https://career.help/ca/careers/psychotherapist>



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