

As Demand Rises, Psychologists and Psychotherapists Need Savvy Brokers on Their Side

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Globally, anxiety and depression are on the rise. Researchers from 204 countries and territories examined the prevalence and burden of depressive and anxiety disorders across 204 countries and territories during 2020, when the depression pandemic was at its worst, in a study published in the online version of *The Lancet* on October 8, 2021. Furthermore, data from the pre-pandemic period were provided, allowing context on the prevalence of depression and anxiety globally. Following are some highlights:

- During the pandemic, anxiety disorder prevalence increased by 25.6% among both sexes. Depressive disorder prevalence increased by 27.6%.
- In both disorders, women's prevalence increased significantly more than men's. Compared to men, women experienced a 29.8% increase in depression prevalence. For women, anxiety prevalence increased by 27.9 percent, whereas for men it increased by 21.7 percent. (In the pre-pandemic world, prevalence rates for both disorders were already significantly higher for women than for men.)
- Perhaps most intriguingly, prevalence rates for men and women both before and during COVID decreased progressively with age. Men and women aged 20-39, for example, had the highest rates; these rates were significantly higher than those of men and women aged 40-49. Women and men between 40 and 49 have a higher rate than those between 50 and 59, and so on up to 90 years old. (1)

For many psychologists and psychotherapists, these statistics are not surprising. However, what is significant is the growing demand for mental health professionals and the shifting needs of their clients.

Psychologists vs. Psychotherapists: What's the Difference?

Psychologists

Psychologists study how people think, feel, and behave from a scientific perspective, and use this knowledge to help people understand, explain, and change their behaviours.

Some psychologists are researchers, while others work in hospitals, schools, clinics, employee assistance programs and private practice. Additionally, some psychologists provide assistance to doctors and nurses on a consulting basis.

Research, testing, and assessments are also a part of their work. Psychology can cover a wide range of topics through research and practice, including mental health issues, developmental disorders, and relationship issues. Additionally, there is a large emphasis on managing disorders or health concerns, as well as improving symptoms and coming up with practical strategies that work with the individual and/or family.

Psychotherapists

Psychotherapists provide a wide range of therapies and can work in government, private practice and community settings. In addition, they offer career counselling, marriage counselling, family therapy, and cognitive behavioural therapy.

Therapy can be provided in a group setting, in an individual setting, or in a family setting. And like psychologists, psychotherapists do not prescribe medication.

The biggest difference between psychotherapy and psychology is the range of therapies that therapy offers. One-on-one therapy with a therapist can include art, music, and drama. Creative therapies may be especially helpful for people who find it difficult to discuss their traumas.

In most provinces of Canada, there is no legal requirement for therapists to be licensed, with the exception of New Brunswick, Nova Scotia, Quebec, and Ontario. However, it is always best to seek out a therapist who is a member of a credible professional body and who is insured to practice.

What Insurance Risks Do Psychologists and Psychotherapists Share?

Psychologists and psychotherapists face a variety of risks as a result of their practice, their use of telecommunications, and their relationship with clients. Following are some of the most common.

Malpractice. Professionals dealing with vulnerable clients and private information about them are prone to accusations of misconduct. The patient may claim physical or emotional injury as a result of the care they received. It is possible for a client to claim that they have been physically or psychologically harmed by therapy or advice given during treatment, especially when the professional and relational lines have blurred.

Health care professionals can be fined by their governing bodies for misconduct, in addition to losing income if their licenses are suspended and they have to pay court fees.

Bodily Injury. A comprehensive insurance policy must also cover damage to third parties caused by accidents. This coverage is often overlooked. A client may be injured by tripping over a cord of neurofeedback machine, or slipping and falling in a treatment or therapy room.

Client Confidentiality. Psychologists and psychotherapists should also exercise extra care when vetting platforms they use for virtual appointments since not all platforms are equally secure.

Among the biggest risks from telehealth visits are privacy breaches and ransomware attacks, but there are also risks of confidentiality breaches. An email sent to the wrong client, for example, could result in a major confidentiality breach.

The MedThree Advantage

With specialized experience in the healthcare industry, MedThree Insurance Group can help by providing tailored policies for psychologists and psychotherapists. Our healthcare practitioners' coverage options make it easy for brokers to find the right policy for their healthcare clients. Visit our website to get started or for more information.

Visit us at <https://medthreeinsurance.com> to learn more about our healthcare insurance products.

Content is current as of the date of broadcast and is subject to change without notice.

Sources:

1. <https://www.psychologytoday.com/ca/blog/use-your-brain/202111/depression-and-anxiety-are-the-rise-globally>