

## New Client Psychotherapy Information – 2015

Welcome to my private psychotherapy and counselling practice focusing on: depression, anxiety, executive functioning skills, stress management, ADHD, Autism Spectrum Disorder and self-esteem concerns. I am looking forward to working collaboratively toward your goals.

First, a few administrative items:

### *Insurance*

1. Please make sure that you are clear on the terms of your insurance coverage. Many insurance companies require a referral from a General Practitioner (GP) before they will reimburse you for your psychotherapy sessions.
2. Almost all insurance providers accept receipts from Psychologists and those supervised by a registered Psychologist. Please note that I fall under the latter category. As such, any claim information will be filed under my supervisor, Dr. David Smith.

### *Location*

1. My home office is located near the Claridge Dr and Woodroffe Ave intersection in Barrhaven. Please park on the street when you arrive. I will greet you at the door for the first appointment.

### *Fees*

1. I am a small business and as such, do not accept credit cards or debit cards. Please remember to bring cash or cheque to each session or to send an e-mail transfer **prior** to your session.
2. All session requests will be booked as 50 minute sessions unless otherwise specified. Fees are as follows:
  - 50 Minute Individual Psychotherapy Session - \$130.00
3. I will accept post-dated cheques within a three-week time frame in order to allow insurance claims to be processed without causing you financial strain. Please advise me ahead of time if you plan to use post-dated cheques.

### *Responsibility*

My responsibility as your therapist is to provide an integrated psychotherapeutic approach. I will provide varied perspectives, a non-judgmental and supportive atmosphere and optional homework assignments and readings. I will do my best to support you as you work toward your goals.

Your responsibility as a client is to engage as fully as possible in the therapeutic process. Let me know what methods work best for you and what you do not find helpful. 90% of your success will come from your efforts outside of the actual session time – please commit to the process by allotting time. Some clients will notice rapid improvement while others will take longer – please accept how difficult change is, and be patient with yourself and the process.

## *Benefits and Challenges*

Common benefits of counselling include:

- Talking with someone who will listen to, understand, and accept you
- Experiencing a safe and supportive environment
- Understanding your thoughts, feelings, and behaviours
- Exploring alternative ways of coping with difficulties and overcoming problematic patterns in your life
- Uncovering new knowledge and resources

Common challenges in counselling include:

- Approaching feelings or thoughts you have been trying to avoid may be painful, while changing your beliefs or behaviours can be scary and may sometimes disrupt existing relationships.
- Progress may not occur as quickly as you expect. You may experience a sense of moving two steps back to take one step forward, and you may feel worse before you feel better.

Carefully consider whether these risks are worth the benefits.

I am looking forward to working together. Congratulations on taking this huge step toward positive change in your life. Now let's get started!

All my best,

*Sonia*

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