

WHAT HAPPENS ONCE I HAVE AN APPOINTMENT BOOKED?

Once your first appointment has been booked you can go to the home page of our website and download the relevant Intake Form (adult, child, pain). The adult form is for older adolescents and adults to fill out regarding themselves. The child form is for parents of younger children to complete. The pain form is designed to gather information from those suffering from chronic pain and disability issues.

Fill the form out at home and bring it in with you for your first appointment. These intake forms save time and money in treatment since we are able to gather some of the background information we need in order to help you without using session time for this. We find most clients are eager to discuss urgent issues right away and gathering background information this way means we can focus on the most pressing concerns when you come in.

You will also need to read over the Privacy Form and the Therapy Form. These are on the home page as well. These forms cover important information you are required to have such as limits to confidentiality, what to expect from therapy and office policies regarding missed visits. You will sign a form during the first appointment indicating that you have read and understood these forms and we can address any questions you may have at that time. Again we have set this up so that you can review this information prior to the first session and we therefore do not need to take up much of your session time going through these details.

The office is located at 1095 The Parkway. We recommend arriving 5 minutes before your scheduled appointment time. You are welcome to park on the street or in the driveway. The office entrance is off the driveway.

Fees are listed on the website and are payable at the end of each session by cash, cheque, Visa and Master Card. Unfortunately we are not set up to take debit. If you have benefits you can submit your receipts for the appointments directly to your insurer for reimbursement back to you.

We look forward to meeting you. Should you have any questions about the intake process feel free to contact us.