

bodymindmotion

Booking a Counselling Session

Frequently asked Questions:

Will my sessions be covered by health care?

No, Alberta Health Care does not cover the cost of a Registered Psychologist.

Can my sessions be covered by insurance?

Yes. Depending on your plan, Blue Cross does offer coverage for Registered Psychologists. Employee Assistance Programs also usually offer coverage; please contact your human resources representative.

Do I need a doctor's referral to come and see you?

Not unless your insurance company requires. You can refer yourself by simply calling or filling out the intake form.

How long will I need to come?

The number of sessions required will depend upon your goals and the presenting problem. At the end of the initial session, we will discuss your requirements.

What about confidentiality?

All information will be confidential with the following exceptions:

1. If a Release of Information has been signed to a specific person or persons with regard to specific information. (For example, your family physician)
2. If, in the professional opinion of the psychologist, there is a potential for harm to self or others.
3. If there is a legal or statutory obligation to report (as in cases of child abuse).
4. If the psychologist is legally required by a court of law to testify, submit a report or release records.

What happens in the first session?

The first session is an assessment of your situation. We will discuss your current concerns and collect the relevant information so I can inform you about how we might proceed. We will set a clear goal or focus for your counselling, and establish a time line for our work together.

How much does it cost?

The hourly rate is \$150.00, no GST. An official receipt will be provided for insurance or tax purposes.

If you have any other questions, please don't hesitate to contact me by
phone 403.283.5525 or email april@bodymindmotion.com