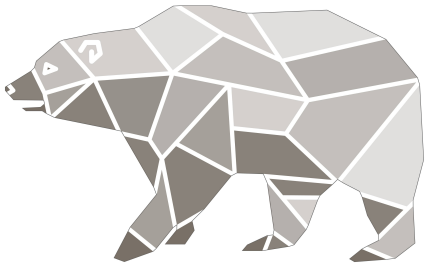

BEAR PSYCHOLOGY
TRAUMA PRACTICE

Baranowsky Psychology Professional Corporation
4789 Yonge Street, Suite 703
Toronto, Ontario
M2N 0G3
(416) 733-3838
office@bearpsychology.ca

Privacy and Related Policies at Bear Psychology

Policy Statement

The information below provides details regarding policies and procedures related to Psychological services in private practice. Please read this information and sign at the bottom of page two as an acknowledgement that you have done so.

Service

I limit my service to: (a) the assessment and treatment of adults with behavioral and emotional difficulties; (b) general psychotherapy with adults, couples or groups; (c) individuals or groups experiencing work related struggles with Compassion Fatigue or Burnout; (d) trauma therapy with survivors of traumatic experiences; (e) clients with physical health-related difficulties where psychotherapy may be useful (i.e. Oncology support groups, chronic pain management, recovery or coping with debilitative disease or injury); and (f) stress or anxiety management. When it is important to understand a situation and thus to the client's progress, additional family members or significant other(s) may join one or more sessions.

Counseling and psychotherapy should be tailored to the client, thus, my first task is to assess what, if any, treatment is likely to be of benefit, and whether I can offer that assistance. One or two initial interviews are aimed at understanding the difficulty and may include the use of questionnaires or other assessment instruments. Following the assessment, I will explain what therapy may do for you, and what time frame you may expect in reaching your goals. Typically, I evaluate the work with clients at the end of five session's blocks, to discuss progress and whether further work would be of benefit.

It is my policy to work within the my training and competence, and thus my knowledge of and relationships with community resources will be used to direct clients to appropriate sources of additional or alternate help. It may be important to rule out a medical basis for a difficulty, and clients may be asked to see their family physician, or other specialists, when treatment may benefit from particular expertise. I am pleased to facilitate a referral to another mental health professional for any client who so wishes, for whatever reason, following a discussion that allows both client and counselor to understand the appropriate basis for referral. I encourage you to raise any concerns or questions you may have.

Supervision

Associates that are currently completing a practicum or internship at Bear Psychology are supervised by Dr. Anna Baranowsky. The American Psychological Association defines clinical supervision as "a distinct professional practice employing a collaborative relationship that has both facilitative and evaluative components, that extends over time, which has the goals of enhancing the professional competence and science-informed practice of the supervisee, monitoring the quality of services provided, protecting the public, and providing a gatekeeping function for entry into the profession." Clinical supervision at this practices includes regular meetings with Dr. Baranowsky to discuss client treatment planning, client progress, and areas of improvement for the treating clinician.

Confidentiality

Everything we discuss is confidential and will not be shared with anyone without your knowledge and written permission, except where required by law. The latter circumstances refer to situations where: (a) a client presents with sufficient concern for intent to harm self or other; (b) there exists significant risk for or knowledge of child abuse or neglect; (c) a client reports sexual abuse on the part of a regulated health care professional; or (d) the court provides a subpoena. You will almost certainly know when the possibility of legal or civil action exists, or if court procedures are pending or ongoing and should inform me in these situations.

Fees and Payment

Treatment fees depend on specific practice clinician, whether an individual, couple or family is involved. The therapy "hour" typically involves fifty minutes of direct contact, with the remaining ten minutes used for consolidating notes at the end of the session. There is usually no charge for treatment planning outside the session, brief consultative contacts with other professionals, typical telephone contacts, or other incidental involvement of the psychologist's time. Should greater periods of time be required (i.e. a complete file review; providing a letter or report; meetings with other professionals), you will be advised of the costs in advance. Payment is normally expected at the end of the session (personal cheque, cash or VISA is acceptable). Payment is expected for any missed session, unless the appointment is canceled forty-eight business hours (two

full working days) in advance. If you are late for an appointment, we will meet for the remaining time, and you will be charged the full session fee.

It is my belief that psychotherapy will become one of your highest priorities and that the importance of our work will be reflected in your determination to attend sessions and to handle your account responsibly.

The rules for attendance and payment are made to protect the therapeutic relationship, for without it therapy cannot occur. If payment is now or in the future becomes a concern, please discuss it with me. We can make arrangements to avoid service charges for late payment or more active efforts to secure overdue statements. In accordance with the fees and billing practice established by the Ontario Psychological Association, overdue accounts will be charged interest rates of 1.5% monthly. Fees are subject to change on an annual basis, as they may reflect increased costs within the practice.

Many benefit packages offered by employers and some private insurance plans contain provisions to reimburse some or all of the fees incurred for psychological services. Inquire with your employee benefits officer or insurance agent to determine the extent of coverage. In certain circumstances, fees not covered by insurance or benefits may be claimed as deductions on income taxes. If you have insurance or benefit coverage, I will issue or sign any documents required to obtain appropriate reimbursement.

Typically, an all-inclusive fee is charged for Psychological Assessments (intellectual, psycho-educational, achievement, trauma assessment, emotional-functioning, and personality assessments), with the exception of the initial consultation. Following this, all remaining work (i.e. assessment session, scoring and interpretation, as well as report preparation and a feedback meeting) will be included in the comprehensive fee. Since the fees vary according to the requirements of the individual situation, they will be discussed with you prior to the commencement of the assessment. Exceptions to the service provided under the comprehensive fees are: additional feedback meetings; information sharing or representation meetings with third parties (such as insurance committees); related contact with other health-care professionals; and additional investigations or assessment procedures suggested by the results and findings of the methods used initially.

Consumer Protection

The practice of Psychology is regulated by the College of Psychologist of Ontario, who are responsible for ensuring standards of ethical and professional practice. Inquiries or complaints regarding a Psychologist's practice should be directed to: The Registrar, The College of Psychologists of Ontario, Suite 201, 1246 Yonge Street, Toronto Ontario M4T 1W5, Phone (416) 961-8817, Fax (416) 961-2635.

What to do in a Psychological Emergency

Sometimes clients experience an emotional crisis that requires immediate attention. You may wish to call the office first to see if someone can answer your call. You should be aware that I also work outside this office and may not be immediately available. I will try to return your call as soon as possible and accommodate an appointment on short notice. If you feel you cannot wait, or if it is outside office hours, you should contact your family physician or go the Emergency Department of the nearest hospital.

☐ I acknowledge that I have read the Policy Statement, that my questions have been answered, and that I understand and accept the terms of involvement described therein.

Name:

Please enter today's date *(YYYY-MM-DD)*