

Why see a therapist?

People seek counselling and psychotherapy to help them find solutions to different types of problems. They may be having trouble with feelings that upset them (e.g., feeling anxious, angry or depressed a lot of the time). They may be bothered by thoughts that interfere with their daily activities. They may be doing things that upset their families, friends, classmates or co-workers. Or, they may be having trouble with a specific situation (e.g., a new job or new classmates, drinking too much).



During counselling we work to identify the nature of *your, or your child's*, problems and then focus on finding solutions to them. This means you and your child will have to think and talk about things that are upsetting - at least for a while. It also means that you will have to change the way you think and act in certain situations. Our work together will be designed to help you handle difficult feelings and situations more effectively. Some of this work will be done during your appointments and some of it will involve things for you to do in between each of our meetings.

Privacy and confidentiality!

All services provided by members of the College of Psychologists of Ontario are confidential. The things we talk about and anything in my records cannot be released to anyone else without your permission, except when one of the following three things occurs:

- ➔ a judge orders the information to be brought to court.
- ➔ I learn of any type of child abuse or of the abuse of an adult by a regulated professional (e.g., a dentist, a lawyer, a physician). I must report this information to certain authorities.
- ➔ you tell me that you intend to seriously harm or kill someone (yourself or someone else). I need to help protect the potential victim and I certainly don't want you to hurt yourself.

If you want to release information in your records to someone else, or if someone else asks for it, I will ask for your permission in writing, in advance. If your appointments have been kept with several people at once, I can only release information about the person giving permission, not about everyone who met at the same time.

How do you pay the fees?

My fees are not covered by O.H.I.P. However, many people have insurance benefits which cover some, or all, of the costs. Check with your employer to be sure about your coverage. You will receive a detailed statement to attach to the claim form you will send to your insurance company. I cannot arrange for insurance companies to pay me directly.

The fee for each appointment is \$120.00. Please be prepared to handle payment at each appointment. You can pay the fee with your VI SA or MasterCard.



What about medication?

I do not prescribe medications, but I work closely with Dr. Khattak at the Kids' Clinic. If a period of medication may be helpful, I will help to arrange an appointment with him to get his medical opinion and assistance.

How long will it take?

There is no easy answer to this question. The problems for which people seek counselling differ in complexity; some are quite simple and it is easy to make changes in a short period of time. Others are very complicated or must be approached more slowly in order to achieve lasting and satisfactory results. And, each person comes into treatment with different goals in mind.

That being said, a lot of the work I do follows what is called a "solution-focused" approach. This means that we try to start quickly to establish goals you can achieve in a relatively short period of time. It also means you often take home tasks to work on between appointments.

I often ask several members of a family to come in together to help the person seeking help. This allows others to help work on your goals between appointments. It helps to have the people you live with know about the changes you have in mind.

Using these approaches, many people can make significant changes in 12 to 18 sessions. Some need fewer and others decide to work for longer.

IMPORTANT DATES!!

1) Your initial visit with Dr. Carter is

on _____ at _____.
This visit will last about one hour.

2) Each appointment after this one will be arranged between you and Dr. Carter at times that are mutually agreeable. These appointments will also last about one hour each.



Healing begins with
Understanding

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Individual and family counselling