

MY PRACTICE POLICIES

FEES, INSURANCE AND ADMINISTRATIVE POLICIES

Psychotherapy sessions are 55 minutes in length. My hourly fee is \$320.00 (including HST). Longer sessions are available at pro-rated fees. I am not able to offer complimentary consultations.

If you have insurance coverage (either privately or through employee benefits), please check to see if your coverage includes the services of a Registered Psychotherapist. I will issue a receipt for each appointment upon request.

Talk Therapy is most effective when sessions are held on a weekly basis. We can, however, discuss the type of scheduling that suits you best.

Payment is due up to 48 hours prior to each scheduled session and may be paid by Visa, MasterCard or INTERAC e-Transfer. (email: loridennis@talktherapy.ca)

CANCELLATIONS AND MISSED SESSIONS

If you cancel your appt with less than 48 business hours' notice, I charge my full fee. If there is another time available within the same week, I may be able to make an exception to this policy.

CONFIDENTIALITY

All disclosures in client/therapist sessions are held as private and confidential. The only exception is if the courts subpoena my records. I also have a duty to report any suspicion or knowledge of abuse (physical, emotional, or sexual), particularly as it pertains to a minor. (See my consent form).

MY TRAINING AND CREDENTIALS

I am a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario.

I hold a Master's Degree in Counselling Psychology (2005) from the Adler School of Professional Psychology - an intensive 2.5 year theoretical and clinical training program in psychodynamic and relational counselling. I am a member of the Ontario Association of Mental Health Professionals (OAMHP), the Ontario Society of Registered Psychotherapists (OSRP), and the Canadian Association for Psychodynamic Therapy (CAPT). I hold a Bachelor of Arts Degree from Western University. I am a published author, blogger, public speaker and workshop presenter as well as a guest/interviewee on many TV and radio shows, podcasts and magazine/newspaper articles on a variety of subjects.

EMERGENCY AND CRISIS SITUATIONS

DISTRESS CENTERS OF TORONTO: 416-408-HELP (4357)

Although I am not an emergency care worker, I do accept calls and emails from clients in times of crisis and may arrange for additional appointments if possible. I generally do not spend more than 10 minutes on the phone and limit conversation to the crisis at hand and referrals to another emergency assistance as needed. I do my best to return phone calls and e-mails within 24 hours, but please understand that this may not always be possible.

I look forward to working with you and establishing a successful therapeutic relationship.



Lori Dennis, B.A., M.A., R.P., Member - CRPO, OAMHP, OSRP, CAPT
Registered Psychotherapist