

CANADIAN CENTRE FOR COGNITIVE BEHAVIOURAL THERAPY REFERRAL PROGRAM

*Leaders in psychological services and
mental health care*

AREAS OF SPECIALIZATION

MENTAL HEALTH CONDITIONS:

- Anxiety
- Depression
- Suicidality
- Substance Use
- PTSD and Trauma
- Bipolar Disorder
- Psychosis
- Obsessive Compulsive Disorder
- Dissociative Disorders
- Learning Disorders

PERSONAL STRUGGLES:

- Grief
- Life Transitions
- Interpersonal Relationships
- Stress
- Self-Esteem

OUR GOAL:

- Our goal is to provide accessible, **evidence-based Cognitive Behavioural Therapy (CBT)** to support individuals experiencing a wide range of mental health concerns, from everyday challenges to complex and severe mental illness.
- We are committed to delivering high-quality, compassionate care that promotes meaningful change, improved functioning, and long-term psychological well-being.



WHO WE ARE:



- Clinical Psychologists
- Registered Psychotherapists
- Social Workers
- Occupational Therapists



WHO WE SERVE:

- Children & Adolescents
- Adults
- Couples & Families

REFERRALS MADE EASY!

- Your front desk staff can submit referrals and book intake appointments directly in our system to reduce barriers for your patients
- Direct access to client records (with client consent) to facilitate collaborative care
- Guaranteed intake appointment within 24 hours of referral
- Unlimited consultation calls to facilitate client care
- Collaborate within a multi-disciplinary team, promoting a full circle care
- Contact CCCBT admin to book appointments

*Ensuring your patients receive the highest
quality mental healthcare*

CONTACT US TODAY!

Call or e-mail us today to start your referral program!



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(613)-701-3230 (OTTAWA)



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Our Team



The Canadian Centre for CBT offers therapy sessions with our diverse team of clinicians representing a range of disciplines, specialties, and levels of experience.

Our Clinicians:

All of our clinicians are experienced and trained to effectively deliver CBT to our clients. Their differences in title reflect variations in their education, areas of specialization, and professional scope of practice.

We offer therapy services with the following clinicians:

- **Clinical Psychologist**

- Doctoral-level clinician in clinical psychology who can provide therapy, conduct formal assessments, and diagnose mental health conditions
- **Fee range:** \$225-\$500/hour

- **Psychological Associate (Supervised Practice)**

- Master's-level clinician in psychology and **extensive supervised experience** who can provide therapy, conduct assessments, and diagnose within their scope of practice.
- **Fee:** \$250/hour

- **Registered Psychotherapist**

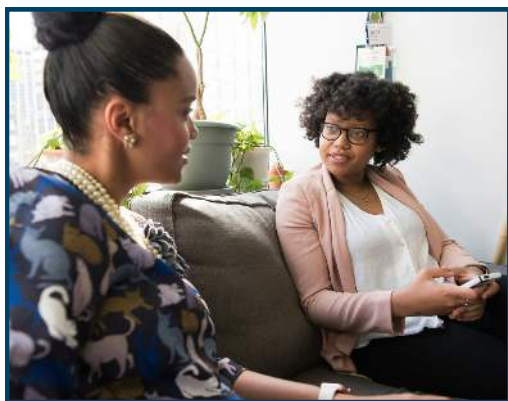
- Master's-level clinician in psychotherapy or counselling psychology who can provide therapy through CBT-based interventions for emotional and behavioural concerns within their scope of practice
- **Fee range:** \$160-\$200/hour

- **Social Worker**

- Master's-level clinician in social work who can provide therapy through CBT-informed support and practical strategies to address mental health and life challenges
- **Fee range:** \$125-\$240/hour

- **Occupational Therapist**

- Master's level clinician in occupational therapy who can provide CBT-informed interventions focused on improving daily functioning, routines, and life skills affected by mental health concerns
- **Fee:** \$200/hour



Low-Fee Therapy Services:

- We are committed to making quality mental health care more accessible. Our Low-Fee Therapy Service offers counselling sessions at a reduced rate of **\$75 per session with our student therapists**.
- Our student therapists are currently completing graduate training in psychology, social work, or psychotherapy and may be at a range of experience levels (i.e. Masters or Ph.D. level).
- All student therapists are receiving advanced clinical training in evidence-based therapeutic approaches at the Canadian Centre for CBT.



For more information about our clinicians visit **our website:**

<https://www.canadiancbt.com/team>



Assessments



The Canadian Centre for CBT offers the following four types of Assessments, conducted by our team of Clinical Psychologists.

Psychodiagnostic Assessment:

Provides a diagnosis for any mental health condition one may be experiencing.

- Helpful for receiving disability benefits, work/school accommodations, and treatment planning.
- **Fee:** \$3,000 (billed at \$250/hour)
- **Appointment:** 4-hour appointment / testing + report writing / scoring time + feedback appointment and written report

Intellectual Assessment:

Provides IQ tests to evaluate intellectual potential and aptitude, often for educational placement, clinical diagnosis, or specialized programming

- **Fee:** \$2,000 (billed at \$250 / hr)
- **Appointment:** 3-hour appointment / testing + report writing / scoring time + feedback appointment and written report

Vocational Assessment:

Determines vocational interests for employment options and career paths

- **Fee:** \$1,500 (billed at \$250 / hr)
- **Appointment:** 3-hour appointment / testing + report writing / scoring time + feedback appointment and written report/

Comprehensive Assessment:

Provides a diagnosis for any mental health conditions AND can also diagnose disorders such as ADHD, learning disabilities, autism spectrum disorder, and other neurodevelopmental disorders.

- **Includes** the psychodiagnostic assessment, but also includes cognitive testing to assess your cognitive abilities.
- Structured approach to understanding an individual's cognitive, emotional, and behavioral functioning
- **Fee:** \$5,000 (billed at \$250/hour)
- **Appointment:** 8-10 hours testing + call with collateral informant + report writing / scoring time + feedback appointment and written report



For more information about Assessments, visit **our website:**

<https://www.canadiancbt.com/services>



Treatment Approaches & Expectations



Modalities:

Therapy modalities are different evidence-based approaches used in treatment that guide how we support clients in understanding thoughts, emotions, and behaviours to promote positive change. We use a wide range of evidence-based modalities; the following are the most commonly practiced:

- **CBT (Cognitive Behavioural Therapy):** Focuses on identifying and changing unhelpful thoughts and behaviours that contribute to emotional distress.
- **CPT (Cognitive Processing Therapy):** A structured approach often used for trauma, focusing on challenging and reframing unhelpful beliefs related to traumatic experiences.
- **CR (Cognitive Remediation):** A structured, skills-based approach designed to improve cognitive functioning such as attention, memory, and problem-solving.
- **PE (Prolonged Exposure Therapy):** A trauma-focused treatment involving gradual, guided exposure to trauma-related memories and situations to reduce avoidance and distress.
- **DBT (Dialectical Behaviour Therapy):** Focuses on emotion regulation, distress tolerance, interpersonal effectiveness, and mindfulness skills.
- **ACT (Acceptance and Commitment Therapy):** Builds psychological flexibility through acceptance strategies, mindfulness, and values-based action.
- **EMDR (Eye Movement Desensitization and Reprocessing):** A structured therapy for trauma that supports processing distressing memories using bilateral stimulation techniques.

The Client's Role:

- Cognitive Behavioural Therapy is a collaborative process. Meaningful progress often depends on active participation.
- Clients play an important role by attending and engaging in sessions consistently, being open and honest about their experiences, and practicing strategies discussed between sessions.
- CBT is skill-based and works best when clients apply new tools in daily life.
- Our goal is to support, guide, and work alongside you throughout that process.

What to Expect from Treatment:

- Treatment & assessments are offered both **virtually** and **in-person**, depending on the specific clinician.
- We offer a **free 15-minute Meet & Greet** for clients to consult with their chosen clinician to assess suitability and discuss therapy preferences before jumping into a full session.
- Therapy services are offered in **30-, 60-, and 90-minute** sessions.
- CBT usually involves a 60-minute session once per week for 12 – 20 weeks.
- CBT is a time-limited therapy. Our goal isn't for you to be in therapy forever, but instead to get you to a point where you have everything you need to move forward without therapy.



For more information about our CBT

approach, visit **our website:**

<https://www.canadiancbt.com/what-is-cbt>