



Motor vehicle accidents (MVA) can affect psychological and emotional well-being. We provide an intake evaluation to help identify the impact of the accident on you; provide treatment recommendations; provide support alongside other health clinicians such as physiotherapists.

It is important to know that counselling can help with the recovery from motor vehicle accidents-related symptoms. Legislative support like Alberta's Bill 41, introduced on October 29, 2020 highlights the importance of earlier access to supplementary therapies from different health professionals to ensure that psychological recovery is within reach, regardless of personal health coverage. The general process is as follows:

- A note from your medical doctor may be required to confirm the need for psychological treatment. If you have this, please share it with us for processing.
- Phone call with me to help assess the current challenges and book an appt.
- Verify your coverage with your Extended Health Benefits provider and inform them of your intention to start psychological treatment for post-MVA symptoms with me
- Have an intake sessions with me to lay the groundwork for your tailored treatment plan to address different areas including learning about pain management and mental health. The report is shared with you; with your consent, it can be shared with third parties indicated by you.
- Focused therapy appointments are scheduled once the treatment recommendations are approved.

PLEASE NOTE: Extended Health Benefits must be used before accessing Section B MVA insurance benefits.