

Dr. William Winogron, Psychologist
Psychological Therapy • Terms and Conditions

Therapeutic Approach

I am a *Cognitive-Behavioural* psychologist who incorporates mostly '*Rational Emotive & Cognitive Behavioural Therapy*' methods. I try to help you overcome emotional and behavioural problems in a lasting way.

Here's a definition of Cognitive Behavioral Therapy (CBT)

CBT is an action-oriented form of therapy that assumes that counter-productive (or 'faulty') thinking causes faulty emotions and behaviours that interfere with everyday living. The treatment focuses on changing a person's thoughts (cognitive patterns) in order to change his or her behavior and emotional state.

Probable Length of Services

I am a short-term therapist who uses the briefest therapy to achieve the longest-lasting results possible.

Many issues can be resolved within 5-15 sessions. My goal is to achieve therapy goals with the fewest sessions necessary. Of course, the success of any treatment depends on the motivation, willingness and dedication of the person being treated. For this reason, a psychologist can make no guarantees about treatment length or success.

Emergencies

I do not provide any emergency services. In an emergency, you must contact local emergency services, a local emergency department of a hospital, a crisis hotline, 911 phone services, or other local resources.

Your Client Rights

1. Treatment is completely voluntary
2. You have the right to end treatment at any time
3. I (Dr. Winogron) have the right to end therapy with you under these conditions:

Dr. William Winogron, Psychologist
Dr. C. Gow & Associates, 265 Carling Ave., Suite 200, Ottawa, ON, K1S 2E1
Ph.: 613-565-0087; Fax: 613-565-5621

- I. If I believe that therapy is no longer helpful to you
- II. If I believe that you will be better served by another professional
- III. If you have failed to show up for your last 2 therapy sessions without 24-hour notice
- IV. If you are seeing another therapist, and my intervention would likely interfere with that therapist's work (If you are seeing another therapist I will require that you sign a consent form to release information so I can communicate with the other therapist)

Client Complaints

Clients who have concerns about the ethical or legal appropriateness of a psychologist's interventions should raise these concerns with the psychologist. Where this is not possible, or has not yielded a satisfactory response, complaints or expressions of concern can be made to:

The College of Psychologists of Ontario, 110 Eglinton Avenue West, Suite 500, Toronto, ON, M4R 1A3, (416) 961-8817 or toll free: (800) 489-8388

Client Records

Your clinical file will consist of

1. legal forms (such as this document)
2. a record of visits and payments
3. test, intake, self-report information
4. clinical progress notes
5. a copy of any report written about you

You have the right to view your records at any time. I (Dr. Winogron) have the right to provide you with either the complete records **or** a summary of their content.

Office Policies

Insurance

It is your responsibility to submit your receipt to your insurance company for refund of session fees. I have no authority to submit insurance claims on your behalf. I strongly encourage all clients with insurance to *please speak with your insurance company ahead of time* to see how your policy pays for psychotherapy.

Dr. William Winogron, Psychologist
Dr. C. Gow & Associates, 265 Carling Ave., Suite 200, Ottawa, ON, K1S 2E1
Ph.: 613-565-0087; Fax: 613-565-5621

Missed Appointment or Late Arrival

- We all have unexpected appointments, emergencies or forgetful days and therefore I permit one missed appointment without charge
- However, since an appointment reserves time specifically for you, **24-hour notice** is required for rescheduling or canceling an appointment – if you do not cancel, we cannot use the time for another client
- Not counting an emergency or accident, after one “no-show” you will be charged our agreed-upon session fee. If you are late, we will meet for whatever amount of your time remains and you will be charged for the full 50 minutes

Telephone Calls

- You are welcome to leave messages at any time on my cell phone
- If you need to speak with me regarding a therapeutic issue, I will try to call you back within 24 hours
- Telephone calls are not meant to take the place of a scheduled visit
- If you require extended time (10 minutes +) on the phone you will be billed at the normal session rate

Fees for Service

- Sessions are \$200.00 each (no HST)
- You are required to pay for services at the time they are rendered unless other arrangements have been made
- Please notify me ahead of time if any problem arises regarding your ability to make timely payment

Limits of Confidentiality

- You will be required to read and sign a separate “Limits of Confidentiality” form

Agreements and Signatures

Your Agreement

I agree to be legally responsible for charges that I/we may incur during psychotherapy with Dr. William Winogron _____ (initial here)

Dr. William Winogron, Psychologist
Dr. C. Gow & Associates, 265 Carling Ave., Suite 200, Ottawa, ON, K1S 2E1
Ph.: 613-565-0087; Fax: 613-565-5621

I understand that I will be billed for any missed session beyond one incident (without 24-hour notice) outside of an emergency or accident _____ (initial here)

Consent for Treatment

I authorize and request that Dr. William Winogron carry out psychotherapy for me while I am his client. I have read, understand and fully agree with the "Office Policies" and the "Terms and Conditions".

Client's Name/Signature/Date

(Print Name) (Signature) (Day/month/year)

Second signature for couples counselling only:

(Print Name) (Signature) (Day/month/year)