



Dear Client,

At the OICBT we have developed a number of cost-effective ways for clients to access high-quality, empirically-supported protocols for a variety of mental health concerns including depression and anxiety related disorders. These services are provided by highly-trained regulated mental health professionals (e.g., occupational therapists, social workers, registered psychotherapists etc.) or therapists in training (e.g., practicum students, residents, CBT therapists, psychologists under supervised practice) who are trained in CBT and supervised directly by a registered clinical psychologist. Aligned with our broader stepped-care model, these services are often an excellent fit for clients with concerns that are mild to moderate in severity and who may not require the intensity or duration of service that a clinical psychologist might typically deliver.

We are providing this information sheet to advise you that your insurance provider may not provide coverage or reimbursement for mental health services provided by a non-registered psychologist, even if the clinician who is delivering the services is supervised directly by a registered psychologist. The responsibility ultimately lies with the client to determine whether the recommended course of treatment will be covered by their particular insurance provider. In our experience, the emotional and financial interests of clients are best served by clients proactively exploring this issue with their insurance provider as soon as possible prior to initiating mental health services.

To facilitate clients obtaining clarity from their insurance provider around what services are covered prior to initiating therapy, we have provided below (1) a brief description of the services provided, supervision framework and oversight of our supervised regulated mental health professionals, and (2) a sample of a receipt that will be provided, including how credentials, supervision, etc. will be denoted. We strongly encourage all clients to present their insurance provider with this description as well as a copy of the sample receipt to ensure maximum clarity around whether services will be covered prior to starting treatment.

Description for Insurance Providers

- Supervised mental health services at the OICBT are provided by highly-trained regulated mental health professionals (e.g., occupational therapists, social workers, registered psychotherapists, etc.) or therapists in training (e.g., practicum students, residents, CBT therapists, psychologists under supervised practice) who are trained in CBT and supervised directly by a registered psychologist. Within this framework, legally & clinically, the ultimate responsibility for the client rests with the supervising psychologist. As such, the service recipient is formally considered to be the client of the supervising psychologist.

- We provide extensive internal training in CBT via didactic and interactive workshops (approx. 30hrs total) to all supervised regulated mental health professionals that builds on their previous formal training and experience in the provision of evidence-based treatments. All treatments provided are evidence-based & time-limited.
- All supervised regulated mental health professionals and therapists in training receive weekly supervision (1 hour, one-on-one) by a registered psychologist or supervision that is overseen by a registered psychologist where new assessments and ongoing cases are reviewed in-depth.
- To inform treatment, weekly supervision logs are reviewed to assess client progress and clinical outcomes measures (i.e., changes in functional goals and symptoms) assessed through a secure online platform (i.e., Greenspace).
- As per College of Psychologist of Ontario regulations, each supervision is documented