Appointment Request Form

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Welcome and thank you for your interest in our institute. Before you fill out our Appointment Request Form, please read the following carefully:

The current wait time varies depending on the type of service you are seeking. We estimate the wait time for individual therapy services to be between 2 to 4 months. You can complete the intake form below and someone from our office will contact you when a place becomes available in order to discuss the next steps and to determine suitability. Also note that if you request a specific therapist it is possible that they may not be available; if that is the case, we will offer you a viable alternative at that time.

If you are interested in group services, the Home & Community Program, or the Intensive Assessment Program, please indicate it on the Appointment Request Form and we will contact you back.

DBT services are offered within the context of our DBT program only and not through individual therapy services.

Finally, access to services for eating disorders or psychotic disorders is very limited at the moment.

This is not an emergency service. If you are in crisis and require immediate attention please call a distress line (613-722-6914 inside Ottawa; 1-866-996-0991 outside Ottawa), call 9-1-1 or go to the nearest emergency room.

Profile Information

Please indicate if you are completing this form for you or for someone else:
MyselfSomebody else
If you are completing this form for somebody else, please indicate your name and your relationship (e.g., father, mother, sister, brother, friend, etc.) with the person for whom you are requesting services:

CLIENT INFORMATION:

First Name\*

Last Name\*

Prefix / Title
 Mr. Mrs. Ms. Miss. Dr. Other

Email

Can we contact you by email if we have any questions? Remember that email is not entirely secure. If you are using your work email please note that your employer may have the right to access your email account.
 Yes No
Phone number\*
Home Cell Work
Can we leave a detailed message at this number?
 Yes No
Phone number
 Home Cell Work
Can we leave a detailed message at this number?
 Yes No
Date Of Birth (MM/DD/YYYY)\*

Age

Gender

How did you hear about our clinic?
 Website Family Friend Health Professional Other
If you were referred to our clinic by a health professional please indicate this person's name and title (e.g., family physician)

Main area(s) of concern:

Adult ADHD

Anger

Assertiveness

Bipolar

Body Dysmorphia

Borderline

Chronic/Acute Health Problems

Depression

Eating (Anorexia/Bulimia)

Generalized Anxiety (Worry)

Grief

Health Anxiety

Life Transition

Obsessive-Compulsive Disorder(OCD)

Pain

Panic Attack

Post-Traumatic Stress Disorder(PTSD)

Pregnancy and Postpartum Adjustment

Relationships Issues

Specific Phobia

Sleep (Insomnia)

Stress

Social Anxiety

Substance Use

Women's Health

Other concern(s)

Please indicate if you are currently followed by any health professionals:

Family physician

Occupational Therapist

Psychiatrist

Social Worker

Other

If Other (please specify)

Services Of Interest

Please check the type of service you are interested in:

Adult ADHD Assessment

Adult ADHD Treatment

Couples Therapy

General Diagnostic Assessment

Group Therapy

Home- and Community-Based Program

Individual Therapy

Intensive Anxiety Outpatient Treatment (OCD and other anxiety disorders)

Services provided by students

Teletherapy (Videoconferencing)

Virtual Reality (for phobias and social anxiety)

If you are interested in individual therapy with a specific therapist, please indicate his or her name here:

Please note that some clinicians have waitlists. If the clinician you are requesting cannot see you within a reasonable time frame we will do our best to match you with another suitable therapist.

Availabilities

Please indicate all your availabilities for appointments. Please note that regular business hours are Monday to Friday from 9:00am-5pm, with only a few clinicians offering appointments before 9:00am or after 5:00pm. Also, group therapy is generally offered in the evening between 5:00-8:00pm, depending on the group.

Monday morning Monday afternoon

Tuesday morning Tuesday afternoon

Wednesday morning Wednesday afternoon

Thursday morning Thursday afternoon

Friday morning Friday afternoon

If requiring an appointment outside of our regular business hours please indicate it here:

Preferred Language for Assessment and/or Therapy

English French Other

If Other (please specify)
Do you have insurance that covers psychological services?
 Yes No
Psychological services are not covered by OHIP or RAMQ, but they are covered by most extended health care insurance plans. We recommend that you contact your insurance company to confirm that our services are covered.

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