

Vincent Mireau, R. Psych #5527 – Whitecourt Office

Thank you for contacting me!

The most important values of my practice:

- You deserve to receive the best treatment and service possible.
- You decide what works for you.
- Once you find a psychologist that is a good fit for your values and beliefs, counselling can be very therapeutic for you. That is the most important step - find the right fit for you.
- If you choose to schedule a meeting, please know that this will be the first step for both of us: Finding out if we are a good fit for each other.

The first meeting:

We will meet from 50-60 minutes for an initial consultation (by video meeting or in person if current rules allow.

First, you talk about your situation, your concerns and what you need.

I will talk about my training in that area and how I practice psychology, including my recommendations. There are so many different types of therapy. We choose our training based on our values and beliefs. Take time to think about our conversation and if it feels right for you. If my approach fits your world, we can begin the process.

Frequency of sessions: you decide what fits with your life circumstances.

Risk and benefits: we will talk about the risks and benefits of therapy during our consultation as I get more information AND we will not go too deep the first meeting... we are still “strangers” and that could feel uncomfortable for you.

Confidentiality/Privacy: We will talk about all privacy rules including:

1. Use of internet and messaging for communicating
2. If I will communicate with anyone other than you (physician; insurance for direct billing)
3. Exceptions to privacy: serious harm to self or another; child or elder abuse; court ordered subpoena
4. If we engage in family and/or marriage therapy, information may be shared among members and this will be made clear before therapy begins

I operate a part-time practice that varies each week. If you require crisis support, I am unable to support moment to moment crises. Either a safety and/or crisis plan is made with appropriate resources while we work together or we identify services available for crises.

Fees: I am a Registered Psychologist in the province of Alberta. Fees are set by the Psychologists' Association of Alberta and are currently \$200 per 50 minute hour. My fee is \$150-200 for a 50 minute session, depending on your circumstances. If this is outside of your budget, I may be able to provide lower

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cost services for a limited number of sessions. I am able to direct bill to insurance companies that allow it. If not, you can pay by debit, credit card or e-transfer and submit your receipt to your insurance.

Training and Education:

Registered Psychologist (#5527) in the province of Alberta.

I use the following treatments for adults, children, youth, couples: Developmentally appropriate for ages and stages.

Cognitive behavior therapy
EMDR
Narrative therapy
Solution focused
Nondirective play therapy
Neurosequential Model of Therapeutics (NMT)

Communication: Your privacy is extremely important. Therefore, do not send personal information through text message or email. Save it for meetings. Text messages and email communication are only for scheduling appointments.

First steps: If this information matches what you have in mind, please follow-up with a text or an email to schedule our first meeting with the following basic information:

- Your name and anyone that will be coming with you and who counselling is for.
 - Address
 - Place of work of you and/or partner (if direct billing through insurance or EAP program)
 - The type of work you are looking for : individual for yourself; therapy for your child; therapy for family and/or marriage and/or divorce
 - If you require something in writing about therapy or assessment to share with others
 - Your schedule and availability
 - If this is a child referral - you and other parent agree for your child to receive services or you have a court document stating that you have full and sole custody. You will share this document with other parent. I will not be the first contact for other parents.
 - Whether you and/or other parent can attend initial meeting together or you will attend separately
- Text: 780-779-1552. Email. info@vincentmireau.com

Confirm attendance: I really appreciate warning if you cannot make our appointment as I can fit others in. If you agree, I text to confirm the night before or the morning of the appointment.

Please reply so that I can prepare. **I look forward to our first meeting!**

Vince Mireau
Registered Psychologist (#5527)