

Collaborative model integrating psychotherapy, clinical assessment, and psychiatric guidance.

HOW IT WORKS

Sessions 1-3 – Start With Therapy

- Three 50-minute sessions with a Registered Psychotherapist (RP)
- Explore history, clarify concerns
- RP completes referral form and gathers testing/background information

Session 4 – NP-Led Clinical Assessment (50 min total)

- RP begins session and summarizes your progress
- Nurse Practitioner (NP) joins for 30 minutes to complete clinical interview
- NP provides a working diagnosis and discusses treatment options
- Medication may be prescribed or adjusted if appropriate
- Psychiatric Guidance Report ensures psychiatrist-level oversight

After the Assessment

- Follow-up appointments every 4–6 weeks with the NP for medication review
- Ongoing psychotherapy continues with your RP
- Insurance, disability, or school forms available if needed (fees vary)

OUR TEAM BASED MODEL

Psychiatrist:

Provides oversight through Psychiatric Guidance Report

Nurse Practitioner:

Leads clinical assessment and medication management

Registered Psychotherapist:

Provides therapy, gathers information, collaborates on treatment plan

FEES

Service & Duration:

RP Psychotherapy - 50 min (4 sessions) **\$135** each

NP Assessment - 30 min (within Session 4) **\$125**

NP Follow-ups - 15 min **\$75** each

Total Fees: \$665 *follow-ups not included

WHY CLIENTS CHOOSE THIS MODEL

- ✓ Psychiatrist-informed diagnostic accuracy
- ✓ Faster access than traditional psychiatric waitlists
- ✓ Integrated care: therapy, diagnosis, and medication management
- ✓ Ongoing collaboration between NP and RP for continuity of care