

Date: _____

RE: Request for information about coverage for psychotherapy

I would like to engage in cognitive behaviour therapy to address my difficulties with:

- depression*
- generalized anxiety*
- social anxiety*
- panic disorder*
- OCD (obsessive compulsive disorder)*
- PTSD (post-traumatic stress disorder)*
- irritability and difficulties with anger management*
- adjustment to illness and/or loss*
- relationship difficulties / CBT for couples*
- other: _____*

Cognitive behaviour therapy (CBT) is an evidence based approach that has been developed to address problems that are similar to these that I am currently experiencing.

Therapy will be provided by Joanna Szczeskiewicz, MSW, RSW.

Ms. Szczeskiewicz has a Masters of Social Work degree from University of Toronto and obtained a diplomate status with the Academy of Cognitive and Behavioural Therapies (ACT) as well as credentialing in cognitive behaviour therapy with Canadian Association for Cognitive and Behavioural Therapies.

She is a regulated health professional and is registered with College of Social Workers and Social Service Workers (registration number 324178). Further information about Ms. Szczeskiewicz's practice is available at www.VillageCentreCBT.net.

If necessary, a detailed assessment and treatment plan will be provided within a week after the second appointment. Please advise whether these services can be covered through my existing insurance policy.

Sincerely,

Name: _____

Address: _____
