OTTAWA, ONTARIO

Julia Ryan Psychology

EMPOWERING YOUR MENTAL HEALTH

Therapy Procedures

REQUEST FOR SERVICES

REVIEW

Evaluate if presenting issues fit with Dr. Ryan's scope of practice and current clinician offerings

PLACED ON WAITLIST

REFERRED

Contacted with referral options & other community resources

CONTACTED TO COMPLETE INTAKE FORMS

OFFERED APPOINTMENT

Format: Mostly virtual, with in-person options.

Clients 18+: Client only
Clients 12-18: Youth primarily with option to include parents for treatment purposes based on youth's comfort and judgement of clinician
Clients <12yo: Client & parents

1-3 SESSIONS

Brief Assessment phase to determine presenting issues, client goals and establish a treatment approach/plan

10-12 SESSIONS

Treatment program

1 SESSIONS

Re-evaluate progress, goals and next steps

ADDITIONAL SESSIONS

With new goal or approach

REFER

TERMINATE