

Behavioural Health Therapy (BHT) can help you with:

Anxiety: ongoing worry, fearing the worst case scenario, needing things to be perfect, rapid and scattered thoughts, difficulty relaxing, difficulty breathing, increased heart rate, tension, dizziness, difficulty sleeping because it's hard to shut off your mind.

Panic Attacks: sudden escalating surge of fear, rapid heart, pressure on chest, sweaty, dizzy, upset stomach, urge to escape.

Social Anxiety: heightened anxiety in social situations, tendency to avoid/cancel plans. Fear of judgement or rejection.

Stress: workplace stress, relationship stress, health stress.

Stress Related Conditions: Migraines, IBS/Chron's/Colitis, Diabetes, Blood Pressure, Chronic Pain

Sleep Problems: difficulty falling asleep or staying asleep.

Mild to moderate depression: low mood, loss of interest or pleasure in activities, low energy, difficulty concentrating/focusing, sadness.

Attention Deficit and Hyperactivity Disorder (ADHD): difficulty organizing, staying focused, completing tasks, impulsivity, procrastination.

Relationship Concerns (not couples therapy): unsure of desire for current relationship, dating stress, attachment patterns, communication in relationships, how to get clear on what type of relationship you want or support as you end a relationship.

Grief: loss of a loved one, the illness of a loved one, a difficult relationship with a family member or the end of a relationship. Includes having a loved one with a mental illness or addiction.

Chronic Pain: learn how to manage stress, pace your behaviours and stop unhealthy thinking patterns that can come with chronic pain, at times leading to depression.

Creating a Healthy Lifestyle: learn how to get clear on your goals, work through the struggles of staying on track and create habits for long-term success. BHT helps with support, strategies and accountability.

Improving Emotional Intelligence: learn how to better understand and process your emotions as well as learning how to better understand and communicate with others.

Learn How to Meditate: learn how to create a sustainable mindfulness meditation practice and how this can help to improve your physical and mental health.

How Online Therapy Works

You will click on Book Now for the Intake & Assessment Session (60 minutes) and select a time on the calendar that works for you.

You will be asked to review the privacy and consent forms as well as complete an intake form.

You will then pay for your session to complete the booking. You will receive a confirmation email and a reminder email before your session. This is all done through Acuity Scheduling which is encrypted for security purposes.

The day before your session, you will receive a link to our online meeting location. Five minutes before our session you will click the link and open the Zoom app to allow us to have a private, online session. This is encrypted for security purposes. You will require consistent internet connection. A headset is optional, most people just use the computers/laptop speakers and microphone.

After your first session I will send you a summary of our discussion and any recommended resources/strategies we discussed.

Optional: If you want your doctor/health care provider to receive a summary of our first session, you will be asked to sign a “Consent to Disclose Information” form that will allow me to communicate with them. I will then provide this summary so it can be added to your medical chart. This set up is different for different doctors - we can discuss in first session.

Go to www.CharleneRichardRSW.com/therapy to learn more about therapy and about Charlene.

What Happens in a First Session?

I will review your intake form (and your health care provider's referral if I have one) and then we will review your reasons for attending and what your goals are. I will ask you some background information about what you have experienced in the past and ways you have tried to cope. We will discuss different ways you might achieve your goal and then come up with a plan. I will provide you with information and strategies about what will help you achieve your goals.

I may recommend connection to resources in your community or additional self-help resources. I may recommend you speak with your doctor about specific concerns we discuss (for example, I may recommend someone request a sleep test if they snore loudly and feel tired all of the time).

The fit between a therapist and a person is one of the most important parts of the helping relationship. At the end of the session I will ask how it was for you and if you feel you want to book another session. If you do not feel we are a good fit, I will recommend other therapists who you might connect with.