

PSYCHOLOGICAL THERAPY

No referral is necessary. Call 416-461-9471 to book an appointment.

All of us have had points in our lives when we could use some extra support and guidance. Some people may wish to learn to handle life's challenges better; others may be struggling to overcome particular concerns such as depression or anxiety. Or you may just wish to optimize your personal growth.

Here at Albany Medical Clinic, **Dr. Connie Wong** offers the following psychological services to help you:

- individual therapy,
- couples therapy,
- life coaching,
- career coaching,
- corporate partnerships.

Individual Therapy

Life can have its challenges. Here at Albany Medical Clinic, Dr. Wong assesses and treats adults with a wide range of issues such as:

- Stress
- General anxiety
- Excessive worrying
- Depression
- Low self-esteem
- Social anxiety
- Panic attacks
- Phobias
- Agoraphobia
- Bulimia
- Disordered eating
- Body image issues
- Pain management
- Anger management
- Interpersonal or relationship issues (including pre-marital counselling, conflict and emotional distance, affairs, learning to divorce in a constructive way, etc.)
- Obsessions / compulsions
- Trauma
- Grief and loss
- Life transitions (e.g. getting married, having a baby, infertility, empty nest, etc.)
- Hypochondriasis
- Trichotillomania (compulsive hair pulling)
- Career coaching
- Maximizing personal growth
- Maximizing performance
- Greater self-understanding

In addition, you may want to address the psychological factors underlying common lifestyle goals such as weight loss and smoking cessation.

Couples Therapy

Even though you love each other, relationships can still be hard work. Dr. Wong can help you to:

- Recapture closeness and connection in your relationship;
- Communicate better;
- Work more as a team when solving problems;
- Recognize your relationship patterns;
- Understand each other on a deeper level;
- Deal with the aftermath of affairs;
- Deal with life transitions;
- Separate in a constructive rather than destructive way (if your decision is to separate).

Life and Career Coaching

Personal or life coaching is about helping you to achieve greater personal growth and to live your life more fully. Coaching is action-oriented; your goals and visions drive the action. Coaching starts with looking at the different areas of your life (such as relationships, career, health, work-life balance, leisure, finances, family, friends, and spirituality) and assessing what is working or not working in these areas. Next, Dr. Wong will help you to set goals in these areas and to explore different options. Finally, Dr. Wong will support you and strategize with you to implement your goals.

Alternatively, you may want to focus primarily on your career. Dr. Wong can help you to identify and move forward with a more fulfilling career. If you wish, this may include working on performance optimization – doing the best job that you can in your current role.

Corporate Partnerships

Employees' psychological difficulties can have a large negative impact on a company's bottom-line in terms of absenteeism, distracted focus, and lost productivity. According to the Global Business and Economic Roundtable on Mental Health, the number of workdays lost each year in Canada due to mental health conditions is **35 million**. The estimated annual productivity lost in Canada resulting from mental health problems is **\$35 billion** (Source: The Globe and Mail, March 29, 2006).

All of the psychological services offered by Dr. Connie Wong at Albany Medical Clinic can be provided within the context of corporate wellness. We will meet with you to discuss your company's needs and customize a wellness package to meet those needs.

Please note that the same confidentiality protection applies to therapy sessions even within the context of corporate wellness. That is, a psychologist will not disclose what an employee says in their therapy sessions to anyone else in the company without that employee's prior written permission (with the legal / ethical exceptions listed on the Confidentiality page). Please see the Confidentiality page for more details.

About the Psychologist

Connie Wong, Ph.D., C. Psych. is a registered psychologist in clinical and counselling psychology. She has over 10 years of clinical experience working with adults – seeing individuals, couples, and groups. Dr. Wong has worked in a number of settings including private practice, hospitals, community clinics, and university counselling centers. She uses Cognitive Behavioural Therapy (CBT) to help clients address issues such as stress, general anxiety, excessive worrying, social anxiety, panic attacks, depression, low self-esteem, life/personal coaching, trauma, phobias, and relationship difficulties. Dr. Wong is a member of the College of Psychologists of Ontario, as well as the Ontario Psychological Association.

Confidentiality

Psychological sessions are confidential. This means that Dr. Wong will not disclose what you say in your sessions without your prior written permission. However, information may be shared with your Albany Medical Clinic doctor in order to provide the most effective service to you.

Please note that there are some exceptions to confidentiality. Psychologists are legally / ethically required to break confidentiality in the following cases:

- In situations where there is suspicion that a child under 18 is at risk of abuse or neglect.
- In the case of a court order.
- In the event that you may pose a risk of serious harm to yourself or to others (e.g. suicide or homicide plans).
- If you disclose that a regulated health professional has sexually harassed or sexually abused a client.

For those clients who are doing couples therapy, please remember that couples therapy is joint therapy and no secrets will be kept from either partner. Therefore, do not tell the psychologist anything that you wish to keep secret from your partner.

Fees

The fee charged follows the guideline set by the Ontario Psychological Association. For a limited time, a 14% discount is being offered on individual therapy, couples therapy, and life / career coaching.

Psychological services are covered by most insurance companies and extended health benefit plans. Please check with your employer or insurance carrier for details. A receipt will be given to you at the time of payment that you may submit to your insurance company. Whatever is not reimbursed may be claimed as a tax deduction under medical expenses. (Please ask your accountant for details.)

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What is your mental health worth to you?

Frequently Asked Questions

How do I know if I should see a psychologist?

If you answer “yes” to any of these questions, then you may wish to seek psychological services:

- 1) Are you finding it difficult to cope with the stress of everyday life?
- 2) Are your difficulties affecting your personal life, family, work, sleep, or physical health?
- 3) Are there changes that you would like to make in your life, but you are unsure of how to go about making them?
- 4) Would you like to maximize your personal growth?
- 5) Would you like to explore the psychological factors underlying common health goals such as weight loss and smoking cessation?
- 6) Has someone in your life (e.g. friend, family member) suggested that you consult with a therapist?
- 7) Would you like some support and guidance in dealing with your problems?

What training do psychologists have?

To be a clinical / counselling psychologist in Ontario, one needs three university degrees – a Bachelor’s, a Master’s, and a Ph.D. in psychology – a process that takes at least eleven years to complete. Even after obtaining a doctorate degree in psychology, a Ph.D. cannot call themselves a psychologist until they have completed the registration process, which takes another one to two years to complete. In addition to the academic requirements, a psychologist typically needs at least 4500 hours of supervised clinical practice as part of their training. All told, a psychologist has spent over twelve years studying and practicing psychology before they are given the title of “psychologist”. This makes psychologists one of the most highly trained practitioners to be conducting assessments and psychotherapy (i.e. “talk therapy”) of mental, emotional, and interpersonal issues.

What does psychological therapy involve?

Psychological therapy is a collaboration between the psychologist and the client to work towards the client’s goals. Psychological therapy typically involves any or all of the following: discussion of issues, exploration of alternative views and actions, learning of new skills, increasing self-awareness, cognitive restructuring, behavioural changes, relaxation techniques, and exposure exercises. You may also be given “homework” in order to practice and apply your new skills to your daily life.

What is Cognitive-Behavioural Therapy (CBT)?

CBT is the primary therapy modality used by Dr. Wong in the treatment of psychological issues. CBT has been demonstrated in thousands of research studies to be very effective in helping people to improve their mood, reduce their anxiety, and cope better with daily life. CBT is about learning and applying hands-on, practical skills for managing difficult feelings. Over the course of the therapy, you can expect to learn how to identify and manage negative thoughts and worries, develop techniques to increase your sense of calm and balance, learn about the factors that perpetuate anxiety and depression, develop healthier lifestyle habits, and act differently in response to negative feelings rather than letting your negative feelings control you.

What will happen in the first therapy session?

The first session is an assessment session. In this initial session, the psychologist will ask you a range of questions regarding your concerns and history. Based on this discussion of your needs, the psychologist will be able to describe to you your treatment plan and to help you to set some therapy goals. This will provide a guide for the subsequent sessions.

How long is a session?

A standard psychological session is 50 minutes long. This is called a “clinical hour”. The remaining 10 minutes is used by the psychologist to review your previous session notes and to write the current session note. Longer sessions (one-and-a-half or double sessions) are available for clients who would prefer more time.

How frequent are the sessions?

The majority of clients attend sessions once a week. However, some clients prefer more frequent sessions (e.g. twice a week), while others prefer less frequent sessions (e.g. once every two weeks).

How long does therapy last?

There is a wide range in the number of sessions that clients attend. Some clients come for as few as six sessions while other clients come for months, or occasionally even years. The most common duration for therapy is 10 to 20 sessions.

What if I can't make it to the Albany Medical Clinic office?

For individuals living in Ontario who cannot make it to the Albany Medical Clinic, phone sessions are an option. The initial session is always done face-to-face. However, subsequent sessions may be conducted by phone.

Book an Appointment

To book an appointment with our psychologist, **Dr. Connie Wong**, just call Albany Medical Clinic at 416-461-9471 or enquire at the 4th floor reception desk.

This information **is provided for information and educational purposes only**. It is not designed or intended to constitute medical advice or to be used for diagnosis.