



MINDFUL METHODOLOGY
PRESENCE. PURPOSE. PROGRESS.

PATIENT INFORMATION HANDOUT

You've Been Referred for Therapy Support

Your healthcare provider has referred you to Mindful Methodology for psychotherapy services. This handout explains what to expect and how to get started.

About Mindful Methodology

Shalley Singh, RP (Qualifying)
Registered Psychotherapist (Qualifying) | CRPO
Master of Arts in Counselling Psychology

I provide compassionate, trauma-informed virtual therapy for Ontario residents. My approach is collaborative—you are the expert on your own life, and I'm here to walk alongside you with professional guidance and evidence-based support.

Background: I've worked as an addictions counselor with Indigenous communities, a crisis counselor, and a Registered Behavioural Therapist before becoming a Registered Psychotherapist. I understand what it's like to face difficult moments, and I'm here for all of it.

What I Can Help With

- ✓ Anxiety & stress
- ✓ Depression & low mood
- ✓ Trauma & PTSD
- ✓ Grief & loss
- ✓ Life transitions (career changes, breakups)
- ✓ Relationship & family challenges
- ✓ ADHD & neurodivergence support
- ✓ Addiction & substance use
- ✓ Self-harm & suicidal thoughts (stabilized)
- ✓ Feeling stuck, overwhelmed, or uncertain

How Therapy Works

Virtual Sessions Only

All sessions are conducted online via a secure, PHIPA-compliant video platform. You can attend from the comfort of your own home—no commute, no waiting room.

Session Length

50 minutes per session

Frequency

Most clients start with weekly sessions, but we can adjust based on your needs and goals.

What to Expect in Your First Session:

- We'll talk about what brings you to therapy
- I'll learn about your background and current challenges
- We'll discuss your goals for therapy
- We'll determine if we're a good fit to work together
- No pressure, no judgment—just conversation

Fees & Insurance

Session Fee: \$170 per 50-minute session

Sliding Scale Available: If cost is a barrier, I offer a sliding scale (\$120-\$170) based on financial need. Please don't let finances prevent you from reaching out—we can discuss what works for you.

Insurance Coverage:

Many extended health benefit plans cover Registered Psychotherapists under mental health services. I provide detailed receipts that you can submit to your insurance provider for reimbursement.

Payment Methods: E-transfer or credit card

How to Get Started

Step 1: Book Your FREE 15-Minute Consultation

Before committing to therapy, let's chat for 15 minutes (completely free, no obligation) to see if we're a good fit.

Step 2: First Appointment

If we're a good fit, we'll schedule your first full session. First appointments are typically available within 1-2 weeks.

Step 3: Begin Your Healing Journey

From there, we'll meet regularly to work through what's bringing you to therapy, develop coping strategies, and move toward the life you want.

What if we're not a good fit?

That's what the free consultation is for. If we're not the right match, I'm happy to provide referrals to other therapists who might be a better fit.

How do I know if therapy is working?

We'll check in regularly about your progress and goals. Therapy isn't linear—some weeks will feel harder than others, and that's normal.

Is everything I say confidential?

Yes, with a few exceptions required by law:

- If you're at imminent risk of harming yourself or others
- If there's suspected child abuse (under 16)
- If required by court order

Can I stop therapy anytime?

Absolutely. You're in control of your treatment. I encourage a final "wrap-up" session if you decide to end therapy, but you're never locked in.

You Don't Have to Do This Alone

Taking the first step is often the hardest part. Whether you're navigating a difficult transition, managing anxiety, processing trauma, or just feeling stuck—you deserve support.

Therapy isn't about having all the answers. It's about finding them together.



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