



Zenia Mihevc MSW
A Little Zen
Counselling In & Out Of The Office

GENERAL INFORMATION

OFFICE HOURS

Office hours are available Monday to Saturday, depending on the availability. Please discuss the availability with me during the assessment period to ensure the best fit with your personal schedule.

INSURANCE COVERAGE

Therapy services are not covered by OHIP. However, some extended health insurance plans do provide coverage. The coverage for each carrier is different so please check your plan to see what the coverage is for the services of a registered social worker (RSW) or therapist who have completed a Master's Degree in Social Work (MSW).

PAYEMENT FOR SERVICES**

Payment for services is due at the end of each session. A receipt will be given when payment is received. Please retain these receipts for your insurance claims or for income tax purposes, if applicable.

The fee for appointments is \$135.⁰⁰ per session. This fee for ongoing psychotherapy is considerably lower than the Ontario Association of Social Workers fee schedule. Payment may be made in the form of cash or cheque. Clients will be charged a \$25.⁰⁰ fee for NSF cheques. ** If Service if referred through ComPsych, there is no fee for service.

CANCELLED OR MISSED APPOINTMENTS

In order to maximize the effectiveness of psychotherapy, clients should make it a high priority, and should not cancel sessions with the exception of an emergency. Typically in the case of a standard illness (i.e., cold or flu), you will know that you will not able to make the most of the scheduled session in advance of it. If transportation difficulties arise it is still expected that you will find your way to the scheduled session. ***Session fees will be applied for appointments cancelled less than 24 hours in advance.***

CONFIDENTIALITY

Confidentiality is respected at all times. No information will be communicated, directly or indirectly to a third party without your written, informed consent. Exceptions to confidentiality include the legal obligation to:

- Inform a potential victim of violence of the client's intention to inflict harm
- Inform an appropriate health care professional of a client's intention to end his/her life
- Release a client's file if it is subpoenaed by a court of law
- Inform the Children's Aid Society if a client is placing a child at risk for sexual or physical abuse

SEE YOUR DOCTOR

Please tell your family doctor you are going to be working with me as soon as possible. With your consent I would like to provide periodic updates to your family doctor. Please discuss this with me, should you have any questions or concerns.

STOPPING SESSIONS

You and I will discuss and agree together when it is time for your meetings to end and for your therapy to stop. This can be done in two ways. If you prefer, it can be specified as you get started when the last session will take place. Then, when the time comes, sessions will stop, unless you and I make a new agreement and set new goals. If therapy

ends this way, the last meeting will include a final summation and discussion about things to do in the future. Of course, therapy sessions can resume after that if you want. The second way therapy may stop is to decide as you and I go along. Or you and I may stop because your goals are not going to be reached. This is a possibility because it cannot be guaranteed that all of the goals that have been established with your therapist will be reached.

You may tell me that you wish to stop, for whatever reason at any time. It is preferable that you come in for one final session after this so that we can sum up and discuss your future.

Philosophy of Therapy

Over the years I have discovered the importance of looking at challenges and difficulties in a holistic way connecting the mind, body and spirit to achieve balance and wellness. The integration of yoga, mindfulness and psychotherapy, I believe, is fundamentally linked. Using yoga practices (postures, breathing techniques, and meditation) in my clinical work is a passion of mine and is a recognized evidence-based practice for its therapeutic benefits in mental health recovery and maintenance.

My approach is eclectic and person-centred. I see our time together as partnership between two people, rather than a client/expert relationship, where we work as co-collaborators. Through this therapeutic partnership, I aim to bring awareness to that which may be a barrier for change or forward movement in your life.

I have training in many types of psychotherapy and offer a variety of services and treatment modalities to support your individual needs through various life challenges. I offer talk therapy, as well as body-centred psychotherapy.

My areas of specialization include: depression, anxiety, self-esteem, grief and loss, adjustment and life transitions, health problems, work-related stress and work/life balance.

IN CASE OF EMERGENCY

I do not provide crisis support and am generally not available after regular business hours. In the case of emergency, if you are not able to reach me, please go to the nearest Emergency Department of any hospital. Lakeridge Health Oshawa and Markham Stouffville Hospital specialize in psychiatric emergencies and would be the best resource at such times.

Additionally, you can call any of the below Durham Region Mental Health Crisis Lines:

Distress Centre Durham
24-hour crisis line
905-433-1121

Durham Mental Health Services
24-hour crisis line and mobile service
906-666-0483 or 1-800-742-1890