



**Collingwood  
Psychotherapy  
& Yoga Centre**

# Client Booking Policy

## ***New Client Appointment Booking***

New clients may seek the services of CPYC through various methods; telephone, email or website.

In all cases clients will have a booking account (MY ACCOUNT) created in the online booking system (hosted by Jane). It is preferred that clients create their account themselves online prior to attending the first appointment. However CPYC will create new client accounts and send a welcome email.

By seeking the services of CPYC clients are agreeing to set up an online My Account in the booking service to book and manage their appointments.

Clients are expected to manage their account through CPYC online booking service, including booking, rescheduling and canceling appointments, making payments and keeping their personal details up to date

## ***New Client Intake Form***

All CPYC new clients must complete intake forms as part of the online booking process. The intake form is an important document as it is designed to provide the client with CPYC policies and agreement to abide by the policies, as well as several consents. Please see our Privacy, Confidentiality & Data Protection Policy for data we collect.

## ***Booking Schedule & Location***

CPYC does not have same day psychotherapy appointment booking. Therapists schedules are reviewed twice yearly and may change. A therapist's schedule may be removed from online booking if they cannot accept new clients.

CPYC currently has three locations:

126 Hurontario Street, Collingwood, ON L9Y 2L8 (therapy office)  
124 Ontario Street, Collingwood, ON L9Y 1M3 (therapy office)  
141 Pine St, Collingwood, ON L9Y 2P1 (yoga studio)

It is the client's responsibility to note the location of the therapist they are seeing, this is contained on your email booking confirmation.

## ***Failure to attend***

In the event that clients cannot attend psychotherapy appointments, CPYC requires 24 hours notice or we will charge the full fee.

Those clients who do not give us notice are referred to as “no shows”. The credit card we hold on file will be charged for clients who do not arrive for their psychotherapy appointment and give less than 24 hours notice. If the client does not have a credit card we will seek payment at their next appointment through an alternative payment method or contact them to discuss payment options. Therapists can use discretion when assessing “no shows” and if an appointment slot is available that week, can rebook the client.

Clients who continue to “no show” for their psychotherapy appointment, and give no notice to cancel or reschedule, take up valuable therapy time and stop other clients from booking into the appointment slot they booked. We understand that “things happen” however if a client habitually (3 times in succession) does not show for their psychotherapy appointment the therapist will discuss discontinuing or pausing therapy until such time that the client can commit to attending.

## ***Client Cancellations/Rescheduling Appointments***

Clients who cancel their psychotherapy appointment and cannot reschedule within 24 hours of a booked appointment, will be charged the full fee.

Clients looking to reschedule their psychotherapy appointment with 24 hours notice, have the option of rescheduling their appointment during that week if availability allows, or clients who cancel on a Friday can reschedule into the following week.

If weather, a mild illness or physical impairment prevents you from attending your psychotherapy appointment, we will instead do a video or phone session. Please contact the office to convert your appointment to online.

In situations when a true emergency (i.e. having to go to hospital) or overwhelming sickness prevents you from attending your psychotherapy appointment we ask that you call the office/therapist as soon as possible to let us know. We will determine at our sole discretion, based on the reason given and client's past history with cancellations, whether we will waive the fee or not. We trust that you will be honest with us.

## ***CPYC Cancellations/Rescheduling Appointments***

In the event that a CPYC therapist must cancel a client's in-person psychotherapy appointment (e.g. winter conditions make driving to in-person sessions hazardous or minor illness) CPYC will give the client as much notice as possible and CPYC will change the appointment type to online or telephone session. Clients who cannot attend online or telephone appointments at the scheduled time will be charged the full session fee.

## ***Converting Appointment Types***

CPYC offers in-person and online psychotherapy sessions. Clients must select the appointment type when booking their appointment. If at a later date the client or CPYC decides that the session type needs to be changed, CPYC and/or the client must discuss changing the appointment type and mutually agree that this is acceptable.

This can reduce cancellations, especially if the client or CPYC was going to cancel an appointment due to weather or a mild illness.

## **Virtual Sessions**

There are benefits and risks associated with online therapy sessions and clients will be made aware of these before booking and participating in an online session.

It is the client's responsibility to uphold the client confidentiality agreement, and CPYC cannot be held responsible for any person or persons who may be with the client when a virtual therapy session is being conducted, wherever the client location may be (e.g. at home, at work).

The client and CPYC is agreeing that no video recording or taping will be conducted when participating in a virtual therapy session, unless written permission has been granted and signed by both parties.

There are clinical limitations when conducting online therapy sessions, such as not being able to read body language, sense emotional cues and facial expressions. CPYC will advise clients if online sessions are not appropriate for their condition.

CPYC will not engage in sessions with clients when they are driving in a moving vehicle whether they are alone or with anyone else driving. This is to ensure both the client and CPYC confidentiality, to ensure the client's physical safety and the safety of others on the road and to create a space where the client can feel free to explore their emotions without other distractions and others listening in. If you come into our virtual session while in a moving vehicle we will decline the session and you will be charged the full fee

CPYC has discretion over appropriateness for online therapy sessions to commence or continue. If at any time the therapist feels it is not beneficial to the client, they will inform the client and agree to a way forward.

## **Recording Sessions**

If clients record therapy sessions in any way (e.g. video, audio or virtually) they will be asked to delete these recordings. If they do not a discussion will be held between client and therapist whether sessions can continue safely for all involved. CPYC has the right to terminate treatment if the therapist involved deems necessary.

## **Virtual Sessions/Technical Requirements**

1:1 Online Appointments is currently supported and best experienced on a computer, laptop, or Android device with Chrome. If you're on an iOS device (iPhone, iPad) you will need the Jane Online Appointments app which is available on the Apple App Store.

Check your internet connection at [fast.com](http://fast.com). You will need a result of 15Mbps or higher. If you're seeing a number measured in Kbps, that's not good news. If your internet connection isn't great, you will have the option to shut off the video and do an audio-only session.

## ***Payments***

We require that clients have a credit card on file, it is the client's responsibility to keep their details up to date and ensure the credit card on file is active and can be used for payment.

CPYC policy is that clients who attend in-person psychotherapy sessions pay at the start of their session, online clients pay on the day of the session. This enables the client to remain focused during the therapy session and not be distracted by administration burden.

If this does not occur and the client leaves the session without payment being collected, CPYC will take payment from the credit card on file (if available) the next working day, if the client has informed the therapist they are paying by e-transfer this should be sent the same day as the therapy session.

If you do not have a credit card on file, please add it to your My Account immediately or you will be requested to add it at the next session. CPYC will review client files (every 6 months) to ensure credit card details are up to date, and can reach out to clients to request that they update their credit card details if they have expired or they see no credit card on file.

### Payment Types

Credit card information is held in our secure online booking system, and when collecting payment this can be taken either through the online booking system or via a payment machine at CPYC offices. Clients do not necessarily have to pay via credit card.

Clients can make payment via other methods these include:

- Debit card
- E-transfer
- Cash

The preferred method of payment for CPYC is e-transfer and in office machine as minimal fees are incurred. Please allow 10 business days for receipt of your e-transfer payment.

### Statement of Account

Clients can request a statement of account, usually requested for tax purposes. Please call the Office Manager to request a statement, which will be emailed to you.

### Insurance Coverage

Insurance coverage works for your psychotherapy appointments if your carrier covers a Registered Social Worker (RSW) with a Masters of Social Work, or a Registered Psychotherapist (RP). It is the clients responsibility to understand their insurance policy coverage and what it includes/covers (e.g. how many sessions, online etc).

CPYC does not offer direct billing to insurance companies. When you pay CPYC we will issue the client a receipt, which the client submits to their insurance company in order to be reimbursed.

### Intensives Payments

CPYC offers intensive sessions which are held over a number of days. These sessions require a deposit to secure a place which is taken by e-transfer or credit card only. This deposit is non-refundable. The outstanding balance will be taken as detailed in the intensive session. Please ask your therapist or Office Manager about payment plans.

### Workshops/Groups Payments

CPYC offers workshops and group sessions. These sessions require a deposit which will be requested on registration, followed by full payment the week before the first session. This deposit is non-refundable. Please ask your therapist or Office Manager about payment plans.

### Yoga Class Payments

CPYC offers a 4-class pass to clients which can be booked at the start of each calendar month for the yoga class they are wishing to attend. The 4-class pass will expire 4-weeks after the 1st class is booked.

CPYC also offers a 1-class pass for those who wish to “pay-as-you-go”.

Clients must register for yoga classes on-line through our website, we do not accept “drop-in” as clients are asked to complete intake forms prior to attending classes. Attendance may be taken at each class.

Yoga class payments are non-refundable if the client does not show up for the class. If a client cannot attend the class and does not provide reasonable notice (48 hours) no refund is available. Clients who provide reasonable notice (48 hours) may use their class pass within the 4-week period from first class registration. This applies to all yoga class passes.

### Refunds for Workshops, Intensives, Classes

If for any reason workshops, intensives and yoga classes are canceled by CPYC, clients will receive a full refund, or funds can be held and applied at a later date for any CPYC service facilitated by the same therapist.

If a client cannot attend (given reasonable notice as detailed), clients will receive a full refund, or funds can be held and applied at a later date for any CPYC service facilitated by the same therapist.

Last updated: 24th July 2023