

Individual Intervention and Treatment Services

We provide a range of intervention and treatment services designed to support a child/youth and/or families in a variety of areas (e.g., anxiety; mental health and well-being; adjustment and loss). Information on group specific treatment services for children, youth and parents/caregivers will be posted on our website with various groups and workshops being offered throughout the year.

Individual Services

Fees for individual intervention and treatment services are dependent upon the professionals who are involved in the intervention or treatment service. **For Psychological intervention and treatment with a Graduate Student Clinician, services begin at \$125 per individual session (60-minute visit) with flexibility provided for individual financial circumstances.**

For Psychological intervention and treatment with a Psychologist, services begin at \$150 per individual session (60-minute visit) with flexibility provided for individual financial circumstances.

Individual cognitive behavioural therapy (CBT) for anxiety - Does your child or youth have anxiety about specific issues or situations, such as needles, vomiting, going to school, making presentations, trying new situations, or speaking with other kids? Maybe your child or youth experiences “worry thoughts” or uncomfortable feelings in their body like headaches, stomach or muscle aches, or feelings of panic. In this service, we help your child or teen learn to “face their fears” and develop bravery skills to tackle particular challenges. This service is appropriate for clients who may have diagnoses such as specific phobia, generalized anxiety disorder, social anxiety disorder, and selective mutism. We also provide exposure and response prevention for clients with diagnosed or suspected obsessive compulsive disorder (OCD).

Self-regulation coaching for emotional and behavioural difficulties - Does your child or youth have “big feelings” or “big behaviours”? You might describe your child or teen as a “super feeler” or “highly sensitive”, or as having “leaky brakes” or self-regulation difficulties. In this service, we help parents develop a better understanding of their child or teen’s struggles and sensitivities, and to develop “emotion coaching” skills to help their children and youth calm down, express their feelings, and learn to problem solve.

Individual supportive therapy for children and adolescents - Is your child or youth going through a difficult time due to a recent loss, change, or difficult experience? In this service, we work with children, youth and parents and caregivers from a variety of therapeutic approaches (e.g., solution focused; cognitive-behavioural therapy; acceptance and commitment therapy) to better understand and manage their thoughts, feelings, and/or reactions about their situation. We provide a supportive, therapeutic process to help guide them in sharing their challenges and gain the confidence and skills they need to manage their well-being.

Academic intervention or 1-1 tutoring sessions (\$100 per session). At different times of the year, we offer individual academic intervention such as reading, spelling, or study skills 1 support for reading, writing, math, spelling, or organizational/executive functioning challenges.

Group Services/ Workshops

Fees for group intervention and treatment services are dependent upon the professionals who are involved in the intervention or treatment service as well as the specific length of the treatment being offered (e.g., 12 weeks vs. 6 weeks). If you would like to receive notifications of upcoming workshops and presentations, please contact cydc@uwo.ca and ask to be added to our e-mail distribution list or check the [Events page](#) for various groups and workshops being offered throughout the year.