



Pricing And Session Info Guide

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Address: Suite #101, 10407-176 Street NW, Edmonton, AB

Book an Appointment: https://pearlpsychological.janeapp.com/#staff_member/1

*** Currently only accepting clients aged 14 years and above ***

There is no GST applied to session fees

In-Person Therapy

In-person sessions will be held at my office space at Suite #101, 10407-176 Street NW Edmonton, AB. Free parking is available in the lot of the address.

Fees for Individual In-Person Sessions

50 Minute Session

\$200

Initial Assessment Treatment and Subsequent Treatment sessions.
Session time is based on the standard time for psychological services.

Continued on the next page...

Online Therapy

I am also offering online therapy sessions that can be held from the safety of your own home or personal space and is convenient for you to access through the safe and confidential counseling system.

Fees for Individual Online Sessions

50 Minute Session

\$200

Initial Assessment Treatment and Subsequent Treatment sessions.
Session time is based on the standard time for psychological services.

What you will need for Online Appointments

Plan Ahead

- Pearl Psychological uses the Jane platforms to facilitate secured online therapy sessions,
- A desktop or laptop, is preferable, but you can also use a handheld device (smart phone) or iOS device (iphone or ipad), I suggest using Chrome and ensure that the audio, mic, and visual tools are fully functioning,
- Download the Jane Online Appointments App if you are using an iOS device (can be found in the app store), you will receive an automated appointment reminder email from the Jane Team before your session with a link to follow to begin the video call,
- Plan to be in a quiet, private space that is free of distractions, interruptions, and use headphones as needed,
- Use a high-speed password protected internet connection or secured, encrypted wi-fi connection
- Log-on 5 minutes early to ensure that online platform is functioning and ensure pre-session activities are complete,
- DO NOT record (audio, visual or any other form) or share any portion of my online therapy session, and
- DO NOT have any additional individual(s) other than myself present in my online therapy sessions without prior approval from my therapist.

How to Join Your Online Appointment

1. Join via Email Appointment Reminder

You will receive an Appointment Reminder email sent to you by your provider 30 minutes before your scheduled appointment time. Click the Begin button at the bottom of the email to begin

2. Join via My Account

Alternatively, you can access this same Begin button by visiting your clinic's Jane site, using the Sign In or Sign Up button in the top right-hand corner, and logging into your account.

The URL to the clinic's Jane site will look something like *clinicnamehere.janeapp.com*. Video Tutorial Here: <https://jane.app/guide/telehealth/how-to-join-your-1-1-online-appointment-for-clients>

Couples Therapy

The **Gottman Method** approach is an empirically based treatment used when couples have become gridlocked. This method starts with thorough assessments that help inform the therapy process through research-based interventions. The goals of this therapy are to learn and practice softened startup communication skills, increase fondness and admiration, manage conflict, create shared meaning, and increase trust and commitment.

I have completed Level 1 and 2 Training in Gottman Method Couples Therapy, and I use Gottman Method Couples Therapy in my work.

Note: this method is not appropriate for couples where violence is occurring.

Fees for Individual Online Sessions

Different modalities available

Gottman Couples Therapy

\$300 ea

Optional: The Gottman Assessments - see below for details

Session 1 - Intake Interviews 80-90 minutes

Session 2 - Individual Interviews 45 minutes each (90 minutes total)

Session 3 - Treatment Planning 80-90 minutes

Subsequent sessions consist of ongoing Treatment, "Phasing Out" of Therapy, Termination, and Outcome Evaluations.

Gottman Assessments

\$39 USD/COUPLE

As I work from the Gottman Couples Therapy Approach, there is an optional assessment tool that can be filled out after the first session. This is a one-time fee of \$39 USD per couple. They can take about 2-4 hours each person to complete depending, however these assessments help narrow down what treatment is needed within the sessions, as well as speed up the treatment intervention process for the presenting problem(s). Please see below what the assessments entail:

What the Gottman Assessments Entail:

- Developed from over 40 years of scientific research by Dr. John Gottman, this data-driven relationship assessment tool relies on intensive, detailed, and evidence-based information on why relationships succeed or fail.
- Fully HIPAA compliant, the questionnaire consists of 337 questions about friendship, intimacy, emotions, conflict, values, and trust, as well as parenting, housework, finances, individual areas of concern, and more.

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Grief Recovery Support Group (GRSQ)

Your Grief Recovery Support Group facilitator is Vanessa Icton and I am a Grief Recovery Method Specialist. I will provide emotional support and guidance to ensure that you learn new skills and tools to 'complete' the hurt and pain and help you to heal from loss.

Your weekly participation and attendance in this 8-week closed-group format is vital to benefit in the healing and recovery process. "Closed groups" means participants register for the sessions, and once the group begins, only those who registered are permitted to attend. This creates a feeling of emotional safety and trust among participants.

Participants of a variety of ages, genders, cultures, religions, sexual orientations, and abilities are welcomed in the group setting.

In-Person Registration Cost: \$680/per-person for the 8-weeks
Thursdays September 28 - November 16, 2023
Time: 6:00-8:00pm

Upon arrival to the first session, you will be provided a copy of the Grief Recovery Handbook and the 8-week homework package (cost included in your registration fee).

Participating in group services can be an alternative for people, as more hours are facilitated at a significantly reduced rate. Additionally, benefits or employee insurance plans may cover part or in full the investment to participate. It is encouraged that you contact your insurance provider to verify if group therapy will be covered, and any conditions of this coverage.

Please note: Due to the nature of this group, attendance to all sessions is important. If you miss more than 2 sessions, your registration will be removed from the group, and you will be able to complete your remaining sessions on a 1:1 basis.

Register Here: https://pearlpsychological.janeapp.com/#/staff_member/1/treatment/5

Corporate Services

I offer comprehensive corporate services designed to empower your organization and address essential mental health topics. As a mental health professional, I deliver engaging presentations on "Grief & Loss" and "Mental Health and Me", fostering understanding and support within your team. Moreover, I take pride in creating customized presentations that align perfectly with your specific needs and interests.

If your organization requires a specific mental health topic to be addressed, please don't hesitate to reach out. Contact me today to explore how my presentations can make a positive impact on your organization.