

Psychological Services:

Appropriate for clients in our work hardening or reconditioning programs when psycho-social barriers that may prevent return to work are identified ie, difficulty in coping or adjustment, who require pain management or who have a history of mental health issues.

A psychologist works with these individuals once per week for an hour long session to help them manage a client's pain, sleep, post-traumatic stress, and other emotional disturbances. They may also work with clients prior to them entering the work hardening or reconditioning when significant psychological barriers may prevent participation in these programs.

This specialized therapy applies treatments or therapies to maximize their health, independence, functional abilities and social role participation. Treatment is aligned to return to work goals and may include Cognitive Behavioural Therapy, pain management, sleep hygiene and development of coping skills. Psychological services are available for anyone requiring individual psychotherapy.