



Dr. Joti Samra, R. Psych.
& ASSOCIATES

Inspiring individual & organizational change

Our Approach

Life is not always easy, and we believe that all of us—if we live long enough and go through enough experiences—will struggle with psychological health difficulties at some point in our lives.

At Dr. Joti Samra, R.Psych. & Associates, our team places a strong value on client-centered approaches that are collaborative, solution-focused, and grounded in evidence-based science.

As our client, we take the time to learn about you and what you consider important. We pay attention to all areas of your life—not just the symptoms—and work with you to enhance your quality of life, both personally and professionally.

We believe that all of us are experts in our own lives—as such, our clients guide the focus of treatment.

Dr. Joti Samra, R.Psych. & Associates prioritize the privacy of clients and the security and safety of personal information. As such, we utilize secure platforms for the transfer and storage of identifiable client information and work to stay up to date on technological advances that might affect client privacy.

We work to ensure that we have a strong understanding of your goals, hopes, and dreams so that we can most effectively support you in achieving the outcomes you are wanting for your life.

In addition to working with you to enhance your psychological health and wellness, we pay attention to your physical health (exercise, sleep, diet), your relationships (family, friends, intimate relationships), and work-related goals and pursuits (including workplace challenges and stressors).

Contact our practice for a FREE Psychological Health & Resiliency Toolkit.

www.DrJotiSamra.com

www.MyWorkplaceHealth.com

info@drjotisamra.com

Clinical Counselling Services





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About Our Counsellors

Our associates are all Registered Clinical Counsellors. Rates for 2019 are:

- \$140/50 minute session (individual)
- \$150/50 minute session (couples/ family)

Associates work under Dr. Samra's supervision. As such, her name/registration number (CPBC #1585) is on receipts, and services are covered by most extended benefits plans.

To ensure coverage, please call your extended benefits provider and ask: "Are counselling services provided under the supervision of a Registered Psychologist, Dr. Joti Samra, CPBC Registration #1585, eligible for coverage?"

If you have any difficulty, your counsellor can help you navigate this process and direct you on questions to ask your insurer. A doctor's note typically is not required, unless your insurer specifically indicates this in your benefits booklet.

Please Note: Our practice does not offer direct billing for individual insurance plans. However, we make sure you are set up for success in submitting your claim.

Dr. Samra has been very thoughtful of the caliber of clinicians she has selected to be on her team. All associates are Masters-level practitioners skilled in evidence-based treatments, such as CBT, ACT, DBT, MBCT/ MBSR, & Gottman.

Dr. Samra oversees all treatment plans, closely supervises her associates, and is available to clinicians for consultation if and as required.

In addition to in-office counselling services, we also offer sessions via telehealth—using secure, encrypted videoconferencing platforms. Telehealth services are a convenient option that allows the prioritization of psychological health & wellness around life's busy demands.

Our team is passionate about all things related to psychological health & wellness! We offer a wide range of clinical and counselling services for individuals, couples, and families at a number of offices located throughout Vancouver, Surrey, Richmond, and the Tri-Cities.



Services Offered

We offer assessment and treatment services to individuals, couples, and families for a range of life difficulties, including but not limited to:

- General life stress
- Workplace stress & conflict
- Relationship enhancement (building closer connections, enhancing intimacy, pre-marital counselling)
- Relationship difficulties (conflict, separation, divorce, co-parenting)
- Mood disorders (depression, dysthymia, bipolar disorder)
- Anxiety and related disorders (generalized and social anxiety disorders, panic, post-traumatic stress disorder, obsessive compulsive disorder, phobias, hoarding)
- Eating disorders (anorexia nervosa, bulimia nervosa, binge-eating disorder)
- Borderline personality disorder, non-suicidal self-injury, & chronic suicidality
- Substance use, misuse & abuse
- Chronic physical issues (pain, injury, disability)