PSYCHOLOGICAL FIRST AID / SHORT-TERM THERAPY
IN RESPONSE TO COVID-19

WE ARE COMMITTED TO PROVIDING SERVICES CONSISTENT WITH THE ONGOING AND EVOLVING NEEDS OF OUR COMMUNITY DURING COVID-19

SERVICES OFFERED
In response to the recent COVID-19 situation, the Ottawa Institute of Cognitive Behavioural Therapy (OICBT) is offering short-term (1 to 6 sessions) therapy services to children, teens, and adults with a focus on education, skills development, goal-setting, and emotional and practical support. Examples of services include:
- Education about anxiety
- Strategies to manage general anxiety and stress
- Management of health-related anxiety and panic
- Problem-solving strategies
- Identifying and prioritizing goals during COVID-19
- Treatment of depression-related symptoms and decreasing isolation
- Proactive and protective strategies against the development of PTSD during provision of health care services or the diagnosis and recovery from COVID-19
- Strategies to manage childcare responsibilities and family-related stress
- How to support your anxious child or teen during COVID
- Identifying one’s strengths and resources (e.g., support systems)

Short-term therapy services are offered via teletherapy. Teletherapy is a form of empirically-supported psychological service (e.g., Bashshur et al., 2016) provided via internet technology or telephone, and can include consultation, treatment, transfer of medical data, telephone conversations and/or education using interactive audio, video, or data communications.

The World Health Organization (WHO) considers mental health services such as these to be important parts of community coping during emergency situations. Evidence suggests that short-term therapy can be effective in helping to improve psychological functioning (Paul & van Ommeren, 2013).

INSURANCE COVERAGE
This type of service is usually covered by extended health care benefits, but we recommend that you follow-up with your insurance company to confirm. If you are a health care provider with limited insurance coverage please contact us to discuss possible arrangements.

If you are interested in setting up an appointment for short-term therapy, please call 613-820-9931 x. 0 or fill out the appointment request form on our website at www.ottawacbt.ca/intake-form

References

https://www.who.int/news-room/fact-sheets/detail/mental-health-in-emergencies


https://www.interventionjournal.com/sites/default/files/A_primer_on_single_session_therapy_and_its_3_0.pdf