

PTSD and FIRST RESPONDERS: Ontario's new WSIB law

Psychology is Growth is registered with WSIB/TelusHealth for coverage of workplace injuries such as PTSD. First responders in Ontario used to have to demonstrate to WSIB that their PTSD (their post-traumatic stress disorder) originated at work. The new (2016) law 'presumes' this is true. Coverage for therapy has become much easier to claim.



Treatment Accuracy Matters

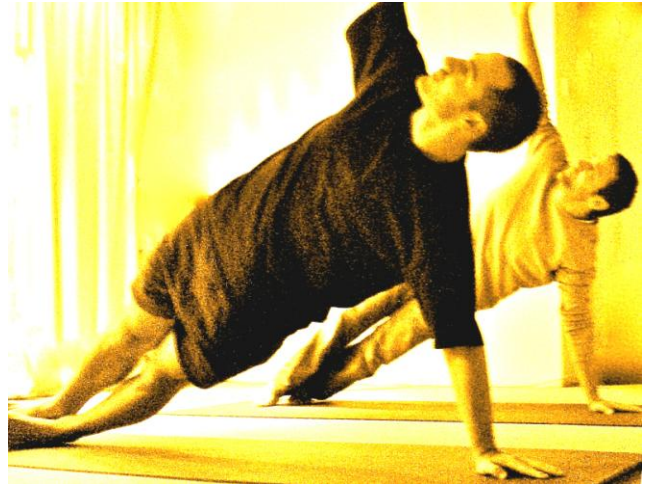
Clear, complete diagnosis and accurate, supportive treatment are especially important in the 'trauma-induced and stress-induced disorders.' Level of training and experience can make the difference between you actually getting worse in treatment, and getting better.

Qualification & Training Do Count

Psychology is a science and PTSD therapy is every bit as scientific, as it is, compassionate. The highest level of PTSD-targeted *psychological* training and experience provides a truly safe and welcoming place, for you to complete the work of recovery. As treatment methods advance, so does your clinician, through continuing education. Only the most-current best practices are applied.

PTSD and VETERANS: DVA and Blue Cross

Psychology is Growth will shortly be registered with Blue Cross for PTSD treatment claims by veterans for psychological treatment.



Sameness is not fairness.

First, give yourself fairness. It can help you find your path back. 'My old self, only better.' That is how some view their personal outcome, from treatment.

Effectiveness for Long-Term PTSD

Even if you have had PTSD for years or decades, in the majority of cases, Prolonged Exposure Therapy (PE) is usually effective. Other therapies may be included, for example, to rapidly address nightmares and sleep; to later rebuild deteriorated social skills; to repair any damaged relationships, rebuild work skills ...

Trusted Treatments: PE and EMDR If you already have a treatment plan that recommends one of these, most likely, either will work. The evidence is somewhat stronger for PE. Therefore, PE is the treatment offered at *Psychology is Growth*.

Length of Treatment Weekly 60 to 90 minute sessions usually take 3 to 4 months. You *do* have patient privacy. (Your insurer might require basic progress markers.

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