



Hello OBP Clients,

As the new year approaches, we wanted to take a moment to let you know of a few things coming up:

- 1) **Fee Changes:** We follow the [Recommended Fee Schedule set out by the Psychologists Association of Alberta](#). The fee has changed for 2023, so as of January 1st, you will see the prices of sessions reflected in Jane and Square.
- 2) **Length of Sessions:** You may notice in the link above and on other websites you visit that therapy session lengths are generally based on a 50 min session. At OBP, we recognize that sometimes we just can't fit everything in within 50 min, and as such, we have often provided 60 min to clients and have had this practice generally since we opened. As your psychologist, it is our responsibility to monitor our time and ensure that we maximize the time you've set aside for your personal journey, while also ensuring that we are not running behind for others. In the new year, you will notice that session length will be based on the 50 min guideline; however, your psychologist will gauge whether they can provide a few extra minutes for sessions based on their schedule and the pace of your session. Please check with your psychologist if you have any questions about this.
- 3) **Payments:** We will be transitioning to using Jane for most payments in the new year. After your session, we will charge your stored credit card automatically. If you would like to use an alternate payment or currently utilize direct billing, please discuss this with your psychologist prior to the end of your session.
- 4) **Introductions:** You will notice two new members of the psychology team on our website in the new year. Welcome to Karli and Carlin! Both Karli and Carlin have worked in education and mental health for many years and are excited to see clients on evenings and weekends. Find out more about them on the website beginning in the new year.

The whole OBP team wishes you a healthy New Year. We are all very grateful for your presence within our practice. We wish you all a better year next year than this past year, whatever that may look like for you. We are honoured to be a part of your lives.

With hope and gratitude,

Kristy, Jen, Christine, Jolene, Karli and Carlin