

INFORMATION ON OUR THERAPEUTIC SERVICES

- Type of Services:
 - 1) Groups: *Art Therapy, Art Therapy on the Theme of Sexual Abuse, Discussion, Drama Therapy, Music Therapy and Relaxation Therapy;*
 - 2) Individual: Diverse Modalities (*Art Therapy, Counseling, Drama Therapy, etc.*).

Goals of the therapy: To assist a person to better equip him or herself in order to resolve their difficulties, better face their situation, avoid hospitalisation, as well as build autonomy and self-esteem.

Note: No referral is required. All services (Evaluation Interview, participation, and visit to the Centre) are by appointment only.
- Languages: English or French.
- Schedule: Monday to Friday. The majority of our services are offered during the daytime, however there are some services in the evening. A member of the Centre's team will be able to inform you of the availabilities when you make your service request. All services are offered according to the human and financial resources available and according to the agreement and schedule of therapists and students (practicum or employment program).
- Frequency: Weekly - A member can participate in one (1) service at a time at the Centre.
- Duration of Sessions: 2 hours for groups and 1 hour for individual sessions.
- Duration of Service: Regular Season: Begins in the Fall (September, October or November) and concludes at the end of Spring of the following year (April, May or June).
 - Groups: Run for approximately 6 to 9 months, except for the *long-term* groups that are offered throughout the year.
 - Individual Sessions: This service can begin at any time of the year (maximum of 20 consecutive sessions).
- Cost: The services are free. A nominal yearly administrative fee (Membership Card) is payable upon participation only.

CLINICAL CRITERIA FOR PARTICIPATION

- Adults must be between 18 and 65 years of age inclusively;
- Be living with psychological and emotional difficulties associated to a specific problem (ex.: isolation, life transitions, abuse, loss, psychiatric malaise, etc.);
- Reside in Montreal and surrounding areas;
- Demonstrate a capacity for, or an openness to work on developing the following:

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| <ul style="list-style-type: none"> • Motivation • Commitment • Introspection and insight • Listening skills • Sharing of ideas and emotions • Sharing of therapeutic space with others | <ul style="list-style-type: none"> • Receiving verbal and non-verbal feedback • Autonomy • Tolerance of uncomfortable emotions and/or situations • Establishing a trusting relationship with a mental health professional and others. |
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Access to the Centre: *Our facilities are not wheelchair accessible.*

HOW TO MAKE A REQUEST FOR A SERVICE

The person who is interested in participating in the Centre's services must:

- Make the request him or herself:
 - By Internet - www.expressionlasalletherapies.ca: 1. By consulting the list of the services offered, in the section "*Our Therapies*", in order to select waiting list preferences (maximum 2); 2. By completing the registration form on line in the section "*Contact Us*"; or
 - By telephone: Calling the Centre at 514-368-3736: 1. To obtain information; 2. To communicate waiting list preferences (maximum 2).
- Complete a questionnaire with a Clinical Worker of the Centre by telephone, in order to determine whether the services at the Centre are appropriate for his or her needs and to discuss waiting list choices. The telephone Intake takes approximately 30 minutes to complete.