

## Why Choose The Insight Clinic

- Expert, Multidisciplinary Team
- High-Quality, Evidence-Based Services
- Seamless and Efficient Process
- Fast, Flexible, and Client-Centered
- Personalized, Integrated Care
- Supportive and Compassionate Environment
- Proven Track Record
- Innovation and Continuous Improvement



Visit our website for more information on our services!

### Still have questions?

Ask your TIC therapist or book a FREE Initial Consult by scanning the QR code



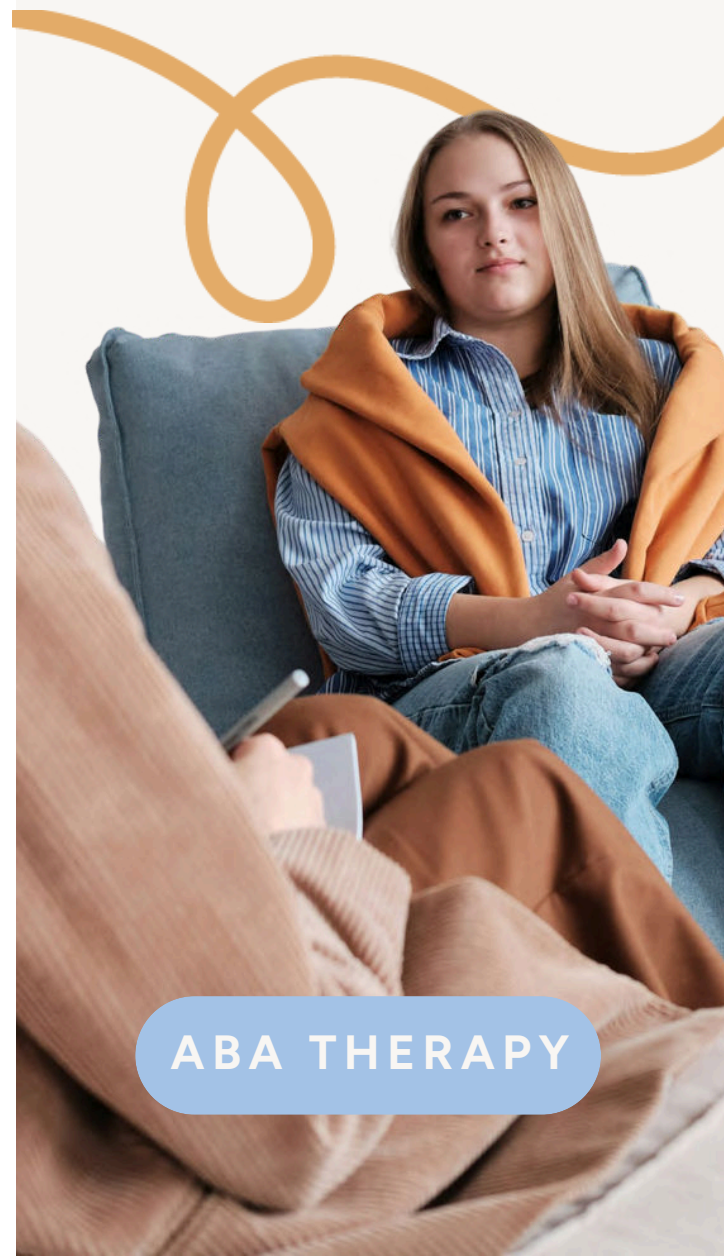
### Contact Us

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THE  
**insight**  
clinic



**ABA THERAPY**



**Where healing meets growth — and every journey has support.**

At The Insight Clinic, we believe every individual has a unique way of learning, coping, and thriving. Our services are designed to support mental health, learning, development, and wellness in a way that feels personal, compassionate, and effective.

Our approach combines evidence-based therapy, collaboration with families, and the thoughtful use of innovative technology—all with one purpose: **Empower the mind. Strengthen the body. Support the whole person.**

### ABA THERAPY

Applied Behaviour Analysis at TIC is delivered through a compassionate, child-respectful and neurodiversity-affirming framework that values communication, autonomy, emotional regulation, and meaningful skill-building—not compliance. Our programs are individualized and may include communication support, social skills development, daily living skills, executive functioning strategies, behaviour plans, and parent-coaching. Sessions are available both onsite and in-home, ensuring support is meaningful, accessible, and aligned with family routines.

## Benefits of ABA

We work collaboratively with caregivers, educators, and interdisciplinary clinicians so learning is transferable and progress feels natural—not forced.

The heart of our ABA practice is simple: **support each child in becoming more confident, understood, and authentically themselves.**

### HOME-BASED ABA THERAPY

Home-based ABA therapy delivers personalized behavioral interventions in a familiar environment. By working within the home, therapists can address daily routines, reinforce learned skills in real-life settings, and support both the child and family in achieving meaningful progress. This approach promotes comfort, confidence, and skill generalization in everyday life.

### COMMUNITY-BASED ABA THERAPY

Community-based ABA therapy focuses on applying skills in real-world settings such as parks, stores, and public spaces. It encourages social interaction, independence, and adaptive behaviors outside the home. By practicing skills in natural environments, children learn to navigate everyday challenges successfully and confidently.

### PARENT TRAINING

Parent training equips caregivers with strategies and tools to support their child's learning at home. By reinforcing therapy techniques and managing challenging behaviors, parents play an active role in their child's development. This training strengthens consistency, promotes skill generalization, and enhances family confidence and engagement in the therapeutic process.

## TIC Core Services Include:

- Psychotherapy and Counselling
- Assessments (Psychoeducational, Giftedness, ADHD, Autism, MVA, WSIB, Psychiatrist)
- EMDR
- Neurofeedback and Other Technology-Assisted Therapy
- ABA Therapy for Children and Teens
- Academic Tutoring and Learning Support
- Art, Music, and Workplace Wellness Programs

## What To Expect

1. Book a free consultation with therapist to determine if it feels like the right fit.
2. Receive a personalized plan tailored to you.
3. Begin therapy
4. Ongoing Support: Progress is reviewed regularly and adjusted as needed.

For more information, visit our website @[theinsightclinic.ca](https://theinsightclinic.ca)

