

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



MVA & WSIB



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.**

MOTOR VEHICLE ACCIDENT (MVA) & WSIB COUNSELLING

Recovering from a physical injury, accident, or workplace trauma can impact far more than the body—it affects identity, confidence, relationships, sleep, mood, and daily functioning. At The Insight Clinic, our trauma-informed clinicians provide structured emotional and psychological support to promote a sense of safety, resilience, and motivation

Benefits of WSIB & MVA Assessments

Our team understands the complexities of insurance processes, paperwork, and the emotional toll that comes with navigating recovery systems, and we support clients through each stage of rehabilitation. Whether someone is experiencing chronic pain, anxiety around mobility, driving fears, depression, PTSD, or changes in functioning, counselling at TIC offers a compassionate space for healing, regulation, and forward movement.

The goal is to support clients in promoting confidence, independence, and quality of life, while providing tools and strategies to navigate challenges in recovery.

Benefits of Participating in MVA & WSIB Therapy Programs

- Support emotional recovery from accidents or workplace injuries.
- Reduce stress, anxiety, and symptoms that may affect physical rehabilitation.
- Improve coping skills to manage pain, trauma, or work-related challenges.
- Enhance motivation and engagement with overall treatment and recovery plans.
- Strengthen resilience, self-awareness, and long-term mental well-being.

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

MVA

1. Book an initial consultation with a therapist supervised by a psychologist.
2. MVA Prescreen Interview - complete a thirty minute MVA prescreen and submit any relevant health records.
3. Ongoing Therapy Sessions- Once your assessment is approved, your therapist will schedule your MVA assessment, typically fifty minutes per session

WSIB

1. Book an intake session where we gather relevant history and symptoms
2. Clinical interviews & testing: comprehensive evaluation by our practitioner
3. Report submission and WSIB approval (After reviewing the assessment, WSIB will provide their decision through a letter.)
4. Book session with therapist

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

