

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



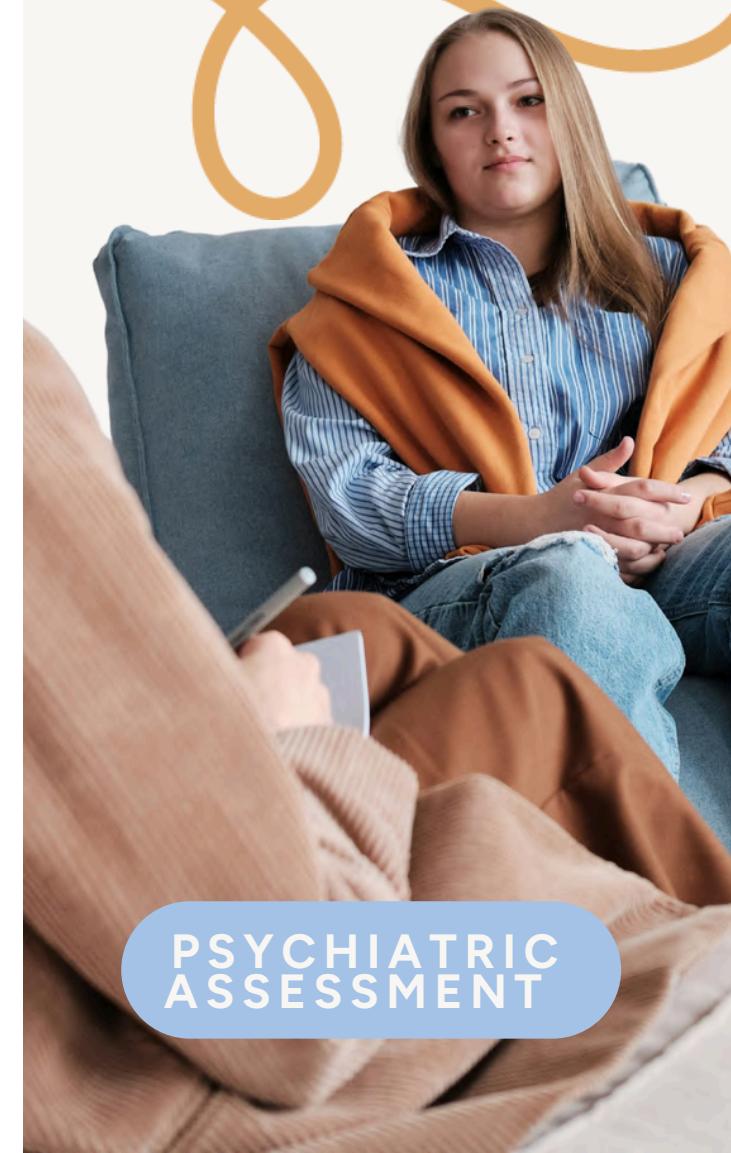
Contact Us

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THE
insight
clinic





Service Summary

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.**

PSYCHIATRIC ASSESSMENT

At TIC, psychiatric care is based on partnership. Our 120-minute informed assessments consider the full picture: symptoms, lifestyle, history, emotions, and neurobiology. Psychiatry works closely with the client's therapist through an integrated model with seamless communication and thoughtful treatment planning. Medication is recommended only when appropriate, with follow-ups to monitor progress and wellbeing. We support ADHD, anxiety, depression, trauma, neurodivergence, and complex mental health needs with a focus on clarity, education, and empowerment.

Benefits of Participating in Psychiatric Assessment

- Receive a comprehensive evaluation of mental health needs and concerns.
- Gain personalized recommendations for therapy, medication, or other supports.
- Enhance understanding of symptoms and contributing factors.
- Foster collaboration between you, your therapist, and the psychiatrist.
- Support more effective treatment planning and goal setting.
- Save time by streamlining appointments and coordinating directly with the psychiatrist.



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 initial consultation with a therapist
2. Begin Therapy (Minimum two Sessions) Clinical assessment and psychiatry intake review
3. Psychiatry Referral & Preparation: In Session two your therapist will explain the Psychiatry referral process in detail
4. Psychiatry Appointment: Once the referral is completed, your appointment with a psychiatrist. will be booked.

The complete process may take 6 to 8 weeks, visit our website for more info

