



### **What to Expect When You Come to Dreamcatcher™**

- Please drive SLOWLY when you enter the property and watch for pedestrians and animals on the driveway and in the parking lot.
- Please do not bring your pets to Dreamcatcher™.
- Upon arrival, please check in with Admin inside the white office. Visitors are welcome to relax in our indoor waiting room, on the front deck, in their vehicle or at the blue bench once they have checked in, but for safety and confidentiality, please do not wander the property or approach any animals or other visitors.
- Please not idle your vehicle while on the Dreamcatcher™ property due to the adverse effects the exhaust has on our animals, visitors, and environment. If you must idle your vehicle, please park with the rear of the vehicle facing the tree line.
- Your therapist will meet you as close to the start of the appointment time as possible. Please be aware that sometimes inevitable situations occur and your therapist may be running a little late. This is rare and not a common practice at Dreamcatcher™.
- Therapy sessions are scheduled for 50 minutes, allowing therapists to properly document notes regarding their previous session before the next client arrives.
- For the safety and security of the client, we ask all adults to wait on site for the duration of their dependent's appointment. In some situations, caregivers are able to leave site while their dependent is in session, however; this requires discussion with the therapist beforehand.
- You may request, at any time, to be in your dependent's therapy session. This may be granted at your therapist's discretion.
- There is a washroom located inside the office to the right of the client entrance and an outhouse located at the end of the parking lot. Please access either washroom at any time.
- Methods for payment are cash, cheque, email money transfer, Visa, Mastercard, and fees are due at the beginning of each session. Please see the administrative staff next to the office entrance to make payments and to book or reschedule any appointments.
- Please ensure your dependent is properly equipped for the weather! Snow boots, ski pants, mitts and toques are recommended in the winter. Rubber boots are best in spring as areas around the farm can get quite muddy when it rains! Shorts, t-shirts, hats, and sunscreen are advised in the summer. All participants are required to wear closed-toed shoes when working with the animals and no jewelry please.

### **How do Dreamcatcher™ Programs Work?**

**WHO are we?** We are a team of Registered and Provisional Psychologists, Clinical and Registered Social Workers, Mental Health Counsellors, Psychotherapists, and Practicum Therapists skilled in providing a variety of therapeutic and counseling techniques to help you or your loved one.

**WHO usually attends our program?** Our program is open to everyone who may be experiencing challenges in their lives. We work with people of all ages and from all walks of life and are well known for helping people of all ages who have trouble getting help. This might be due to:

- No success to date in alternate forms of counselling
- A previous negative experience with therapy or counselling
- Not having the skills to do traditional talk therapy or counselling
- Having difficulty forming relationships
- Having organic impairment, complex issues, developmental delays, or disabilities

**WHAT mediums of therapy do we use?** The best therapeutic medium is chosen based on your or your loved ones' interests and therapeutic goals. Mediums may change from session to session based on treatment goals. These mediums include:

- Animal Assisted Therapy, Equine Facilitated Counselling, Nature Assisted Therapy
- EMDR, ART, CBT, DBT, Play or Sand Tray Therapy, Narrative Therapy
- Art Therapy, Music Therapy, Traditional talk therapy
- and more

**All therapeutic modalities are person-centered and solution focused.**

**HOW long does it take for people to “get better?”** This depends entirely on the individual person, as well as the nature and severity of the issues they are facing. Treatment is individualized and every client will respond differently. For those who have had negative therapeutic experiences or who have complex therapeutic issues, the process can take much longer. Successful change within the populations of people we work with typically occurs within 6 months to 2 years. It is important for sessions to be consistent and continuous.

**WHAT is your responsibility in the process?** Sometimes therapists will provide the client with “therapeutic homework.” It is imperative for the client to practice what they are learning with this homework in their home, work, or school settings as recommended by the therapist. Whether the client is an adult or minor, some therapeutic sessions may involve the client's family members or caregivers. If the person in therapy is a minor or a person with disabilities, it is often necessary for caregivers to update the therapist on how things are going in the person's life either through scheduled consultation in between sessions or in the actual sessions. These requirements will be discussed with you by your therapist.