
INFOCUS PSYCHOLOGICAL SERVICES

Frequently Asked Questions

Rehabilitation and Return-to-Work Focused Psychological Services

What is the purpose of InFocus?

The purpose of InFocus Psychological Services is to help address a variety of psychological conditions and prepare for successful return to work. You will work on developing positive coping strategies to help you manage your emotional symptoms and the problems that you face. We will work with you to return you to previous levels of personal, social, and work functioning.

Who will be working with me during my treatment?

You will be working with a Registered Psychologist or a Clinical Consultant (supervised by a Registered Psychologist). You will receive psychological treatment and support tailored to your specific needs.

A *Registered Psychologist* has completed the registration process with the College of Psychologists of BC. All of the Registered Psychologists at Back in Motion have a doctoral level of training, which means they have a Ph.D. (Doctor of Philosophy in Psychology) or a Psy.D. (Doctor of Psychology) degree.

A *Clinical Consultant* at Back in Motion is an individual who is in the process of registering with the College of Psychologists of BC. This means that they have typically completed doctoral level training from an accredited university, completed all pre- and post-doctoral internships, and submitted their application for registration to the college. Clinical Consultants may have already taken a number of qualifying examinations that are administered by the College of Psychologists of BC and other regulatory bodies.

Upon successful completion of these examinations, a Clinical Consultant will become a Registered Psychologist. Clinical Consultants' work with clients is supervised and monitored by a Registered Psychologist, and their reports are reviewed and signed off by the Registered Psychologist prior to submission. The supervising Registered Psychologist holds ethical and professional responsibility for the treatment and reports.

What will I be doing during treatment?

Your treatment will be customized to your individual needs. You will provide information to your treating clinician regarding your symptoms, challenges, and unique issues, as well as your work situation. Your Psychologist will then work with you to develop a plan and strategies to return you to work and/or your former level of function. On the first day, your Psychologist may:

- Interview you to gather information about your emotional functioning, physical health, current personal strengths, needs or challenges, and work-related issues

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- Ask you to complete questionnaires that provide information on your emotional well-being, as well as how you are coping on a day-to-day basis

Based on the information gathered, the Psychologist will work with you to determine a treatment plan and priorities. You can expect your treatment to be organized and structured, with a focus on developing strategies to help you better manage your emotional symptoms and improve your functioning across various areas of your life (e.g., personal, family, and social). Your Psychologist will work with you to help prepare for a successful return to work, focusing on the areas that present the biggest barriers. You can expect to complete ‘homework’ tasks between your sessions, which are designed to help you meet your goals.

What are the time frames for InFocus treatment sessions?

- InFocus treatment sessions are structured and time-limited
- Sessions typically take about one hour, and are scheduled once per week, though the frequency of sessions may vary depending on the recommendation of your Psychologist
- Most clients attend between 5 and 15 treatment sessions

Am I involved in decisions related to my treatment?

Yes, you are involved in your treatment and are free to ask questions throughout your treatment sessions. You will also be invited to give feedback on your treatment through a satisfaction survey.

Who gets a copy of my reports?

With your consent, the reports will be sent to the organization that referred you for the service. Reports will only be shared with other outside sources if you provide your written consent.

Does Back in Motion work for the referral source?

No, Back in Motion is an independent, private company providing rehabilitation and employment services for a variety of organizations and insurance providers. Our clinical opinions and recommendations are based on the observations and findings of your treating Psychologist. All of our staff members are employed by Back in Motion.