



Eckert Centre Therapy Budget Planner

Use this tool to help you plan for your first 8 sessions of therapy at Eckert Centre. Many clients use extended health insurance to help cover the cost. This form allows you to track your benefits and out-of-pocket investment.



Client Information

Client Name: _____

Date: _____



Insurance Coverage

Insurance Provider _____

Policy Holder Name _____

Client Covered? ☐ Yes ☐ No

Annual Coverage Amount \$ _____

Coverage % per session _____ % (e.g., 80%)

Plan Renewal Date _____

Number of Family Members Using This Plan _____



Tips

- **Check your policy:** Some plans cover Registered Psychologists only. Others cover Certified Canadian Counsellors too.
- **Track renewal date:** Many plans reset annually. Booking before renewal can help maximize your benefits.
- **Invest in mental health:** Just like dental care or physiotherapy, therapy is an essential part of your well-being.




Session Options & Budget Planning

Session Type	Rate	Title	Insurance Pays	You Pay	Total for 8 Sessions
50 min	\$200	Certified Canadian Counsellor	\$ _____	\$ _____	\$ _____
50 min	\$235	Registered Psychologist	\$ _____	\$ _____	\$ _____
50 min	\$245	Registered Psychologist	\$ _____	\$ _____	\$ _____
75 min	\$300	Certified Canadian Counsellor	\$ _____	\$ _____	\$ _____
75 min	\$352.50	Registered Psychologist	\$ _____	\$ _____	\$ _____
75 min	\$367.50	Registered Psychologist	\$ _____	\$ _____	\$ _____

Note: Multiply the “You Pay” column by 8 to complete the “Total for 8 Sessions” column.

If you need support understanding your coverage or calculating your investment, our team is happy to help.



Call us at **403-230-2959** or  email **info@eckert-psychology.com**