



ReConnect Counselling Services

An Overview Of Our Services

<https://www.rdcontario.com>

Helping clients mitigate outcomes for over 20 years.

We believe that behind every behaviour is a story that helps it make sense. We work with defendants to uncover the WHY behind their behaviour and provide them with the tools and insight to prevent future occurrences.

How we work

Counselling offered through Reconnect Distance Counselling Services combines insight-oriented work with a cognitive behavioural approach and includes a strong educational component. Individual sessions are customized to the specific needs of each client.

- The number and time of sessions can be customized depending on the circumstances of each client.
- A detailed report or completion letter will be provided upon completion of the program. Additional documents, reports or assessments will be provided upon request.
- Every program is tailored to suit individual circumstances and needs.
- Language interpreters are available upon request.
- Distance counselling is ideal for those with medical, mobility or court-ordered restrictions. Programs are available via telephone or Zoom from virtually anywhere via the internet or phone.
- We attend Institutions to provide Counselling, and assessments, and attend Parole Board Hearings. *Our Assessments are not a diagnosis.

Specialties recognized by the Ontario Court of Justice

- Judicial Interim Release: Domestic Violence (in lieu of PAR), Anger Management, Substance Abuse, Criminal Harassment, Fraud/Theft, Historic and Current Sex Assault/Indecency, Criminogenic Behaviours.
- Probation and Parole: Domestic Violence (in lieu of PAR), Anger Management
- Ministry of the Attorney General: Our service has been approved by the Victims & Vulnerable Persons Division, Victim Quick Response Program, Criminal Injuries Compensation Board, and Peel Victim Services. Counselling victims of violence, including domestic violence, stranger attacks, attempted murder and sexual assault.
- Provide Counselling, Assessments and Pre-sentencing Reports at various detention centres: Central East, Toronto South, Central North, and Maplehurst.
- Attend Parole Board Hearings on behalf of clients when appropriate.
- Children's Aid Society, City of Kawartha Lakes and Durham Region. Court-ordered Individual, Couple and Family Counselling. Anger Management and Substance Abuse.

Benefits of working with us

BENEFITS TO THE CLIENT

The client will explore the following issues with their therapist/counsellor:

- The Principals Of Accountability And Responsibility
- The Relationship Between Character & Reputation
- Implications Of Anti-social Behaviour on Individual, Family & Community
- Impulse Control - Responding Versus Reacting
- Goal Setting & Problem-solving Techniques
- Grief & Shame - Dealing With Stress, Fear & Uncertainty
- Emotional Exploration
- Irrational Self-Defeating Beliefs
- Coping Strategies

BENEFITS TO COUNSEL

- Sentence mitigation tool
- Reports provide a human face to the defendant, opening the court to empathy

BENEFITS TO SOCIETY

- Reduction in recidivist behaviour
- Diversion from the correctional stream reduces stress on the system

About our programs

The Ontario Courts have accepted our programs in lieu of PAR. Items marked with an asterisk are Consistent with PAR

ALL PROGRAMS INCLUDE

- Principles Of Accountable & Responsible*
- Relationship Between Character & Reputation
- Implications Of Anti-Social Behaviour – Individual, Family & Community*

- Impulse Control-Responding Versus Reacting*
- Goal Setting & Problem-Solving Techniques*
- Grief & Shame
- Exploration Of Emotions*
- Irrational & Self-Defeating Beliefs*
- Coping Strategies*

SPECIFIC TO DOMESTIC VIOLENCE & ANGER

- Definitions Of Abuse - Emotional, Physical, Sexual, Intimidation, Coercion*
- Aggression Styles*
- The Dynamic Of Power & Control*
- Societal Belief Systems*
- Family Dynamics - Roles & Consequences
- Healthy Parenting Skills
- Relationship & Co-dependency Issues*
- Truth - Taking Ownership Of One's Behavior.
- The Rage, Shame Cycle - Defending Scripts*
- Decompression Strategies
- Intimacy & Relationships - The Difference Between Respect And Fear
- Healthy Communication Skills
- Benefits Of Compromise Versus Win/Lose Strategie
- Behaviours Consistent With Being Trustworthy

FOR SUBSTANCE ABUSE

- Definitions Of Abuse Versus Dependency According To Criteria Of DSM-V*
- The Role Of Denial In Dependency
- The Implications Of Apathy
- Coping Strategies For Grief & Shame
- Physical & Emotional Tools For Healing
- Stress Management Techniques
- Relapse Prevention Strategies

FOR CRIMINOGENIC ANTI-SOCIAL BEHAVIOUR

- Includes A Combination Of Components From The Above Sections
- Addresses The Notion Of Status Associated With Individuals Involved In Anti-social Behaviours

- Challenging Myths - The Reality Of Long-term Consequences
- Identifying Goals Consistent With Integrity
- Strategies For Achieving A Healthy Lifestyle

FOR SEXUAL ALLEGATIONS

- Criteria And Counselling Are Dependent On The Nature Of The Specific Allegations

FEE STRUCTURE - ALL FEES INCLUDE APPLICABLE TAXES

- Intake – No charge (generally takes 10 -15 minutes on the phone).
- Counselling Therapy Session - \$160.00 or \$180.00 depending on the Therapist assigned. (Sessions generally last 45-60 minutes but can be extended depending on circumstances)
- Detailed Completion Reports - \$160.00 or \$180.00 Depending on the Therapist assigned
- Completion Letter - \$100.00
- Additional Documents can be provided. (Fees will depend on circumstances)
- Attend a Detention Facility - \$180.00/hour (minimum 3 hours and includes travel time)