

TO INSURANCE PROVIDER AND/OR BENEFITS ADMINISTRATOR:

In the interest of a mutual client, I am requesting approval as a therapeutic service provider.

My key credentials are:

- 1) Certified Counsellor of the Canadian Counselling and Psychotherapy Association (CCC #10002836);
- 2) Registered Counselling Therapist with the Association of Counselling Therapy of Alberta (#1714);
- 3) Master of Arts degree in counselling (2009); and
- 4) Decade of experience (seeing clients since 2008).

In addition, I am an approved service provider for MB Blue Cross, Arete, Humana Care, FSEAP, and formerly Solareh and Homewood Health.

I provide counselling therapy for a wide range of concerns including, but not limited to, anxiety, depression, self-esteem, grief and loss, anger, betrayal, trauma and abuse recovery, stress management, communication, and relationships. As well, I am familiar with the *Diagnostic and Statistical Manual of Mental Disorders* should its system of cataloguing life issues be required.

If you are the employer/benefits administrator, please consider contacting your insurance provider to include certified counsellors as providers of counselling/psychotherapy as seeking assistance from a registered psychologist is not always feasible or practical—especially in rural settings.

I trust this will be helpful in arranging support of this client and/or family member(s). If you require further information, please contact me at (204) 995-7929 or barb@thewindingpath.ca.

Sincerely,



Barb Zacharias, MA, C.C.C.
Registered Counselling Therapist
CCPA Certified Counsellor #10002836
ACTA Registration #1714