

What Good Therapy Looks Like

This guide is for patients and families. Research shows that effective therapy often follows a general pattern. These are reasonable expectations and helpful guideposts, not rigid rules or guarantees.

Reasonable Therapy Milestones

Consider changing the treatment or therapist if these milestones are not being reached.

Session 1 - Rapport & Fit: You feel listened to, understood, and safe.

Sessions 1-2 - Clear Plan: Shared goals, treatment approach, and a rough timeline are discussed.

Sessions 3- 4 - Early Movement: Some change appears (skills, reduced avoidance, or small symptom improvement).

Around Session 10 - Functional Change: Improvements are more noticeable in daily life.

Sessions 12–16 - Completion Phase: Therapy winds down, shifts to maintenance, or continues with new approach or goals.

Red Flags to Watch For

These are signs to pause therapy, ask questions, or consider a change.

- Goals are unclear or never discussed.
- The therapist does not explain their treatment approach.
- Sessions feel unstructured, with no clear plan.
- There is little or no progress after several sessions.
- Therapy continues indefinitely without review or updated goals.

How to Find a Therapist

	Psychologist (R.Psych)	Counsellor (RCC, CCC, or no designation)
Credential	Master's or PhD in psychology + supervised practice	No credential required, but often Diploma or Master's (varies)
Regulatory Status	College-regulated (College of Psychologists of BC); provides formal oversight, complaint process, disciplinary authority	Not regulated. RCC/CCC designations are voluntary, determined by counsellor's advocacy groups, variable competence.
Assessment Competency	Formal psychological & diagnostic assessment	No diagnostic assessment
Identifying a Provider	BC Psychologists' Association website; Psychology Today (verify credentials & treatment modality)	BCACC website; Psychology Today (verify RCC/CCC)
Typical cost	\$200–\$260/hr	~\$120–\$180/hr

Pinwheel Clinic™ follows The Pinwheel Method™: a physician- and psychologist-led, team-based care approach that prioritizes clarity first, then delivers coordinated, evidence-based treatment with ongoing measurement of progress.