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To Whom It May Concern: Date:

I can confirm (via file review) that (client name) has completed the 12-session Moving Forward Life Skills psycho-educational coaching program. The program is facilitated online or by telephone by intern (students on unpaid school practicums). This program provides participants with an introduction to and understanding of anxiety and depression and how to cope in our day-to-day lives; it uses elements of cognitive-behavioural, solution-focused, positive psychology and mindfulness. Client started program on (date) and completed on (date)

Moving Forward Life Skills Program Session Topics: Session 1: Phone contact and introduction, program description, What is Cognitive Behavioural Therapy Session 2: Introduction to emotions, Introduction to anxiety & depression, What is self care? Identifying strengths Session 3: Self care review, What is Depression/What is Cycle of Anxiety, Protective Factors, Miracle question Session 4: Anger Warning Signs, Anger Thermometer, and Fair Fighting Session 5: Stress Management Session 6: Problem solving, ABC Model Session 7: Building activities, Cognitive Distortions Session 8: Balanced Thinking, Negative Self Talk, Understanding your strengths Session 9: Unhelpful behaviour, Sleep hygiene Session 10: Behaviour Activation, Gratitude Session 11: Overall wellbeing and healthy boundaries, Self compassion Session 12: Healthy Living, Accepting negative thoughts, Learning to not let thoughts control your behaviour, summarizing discussion on steps forward. Note: Clients who select this option are advised that this is not a counselling program, but rather a psycho-educational one-to-one coaching program based on set curriculum and topics. Clients are advised that they are welcome to also access counselling in addition to or as an alternative to this program.

Sincerely,

**Gary Thandi, MSW RSW**

**About**: Moving Forward is an innovative non-profit agency that provides counselling and support to anyone who needs it in the Metro Vancouver and Fraser Valley regions, as well as to anyone in the province and beyond (via a secured online application or telephone counselling). Our open mandate with low barrier access is likely we are one of the busiest counselling services in the country. Many of our services are provided by students on unpaid practicums in psychology, counselling psychology, social work or social services work. We currently have 200 interns with us on unpaid practicums, a team of 12 part-time contracted supervisors, and a network of about 75 private contractors (fee-for-service, with fees paid directly by clients who choose that option) able to provide services at significantly lower than traditional rates. Our counsellors/social workers are typically newer graduates or interns on school practicums; if a client is looking for experienced (for example 5-plus years) we advise them to contact private therapists or direct service providers within publicly funded services. While the agency can provide emotional support services to those who have been turned away from publicly funded counselling/faced significant waits, we are clear to clients who reach out to us who may need specialized services to look for such services elsewhere, as our counsellors/social workers/social service workers do not have the background/training in providing such specialized services.

**Founder and Executive Director: Gary Thandi, MSW RSW; movingforward.help; gary@movingforward.help; 778-321-3054**