

Ottawa Institute
Of Cognitive
Behavioural Therapy



Institut de thérapie
cognitivo-comportementale
d'Ottawa

Cancelled and Missed Appointments Policy

If you wish to cancel an appointment, notification as soon as possible would be appreciated. Your therapist will review his/her personal policy for missed appointment and for late cancellations. However, most therapists ask a minimum of 24-48 hours notice. In addition, most clinicians charge a fee for late cancellation or missed appointment, usually ranging between 50-100% of the regular fee. Insurance companies do not cover the fees for missed or cancelled sessions.