



# Inkblot

## Your virtual Employee & Family Assistance Program

The CMAW Benefit Plan is pleased to provide Inkblot EFAP to support you *and* your dependents starting **July 1, 2022**. Live counselling sessions take place on your smartphone, tablet or laptop. You can make an appointment within 24-72 hours.

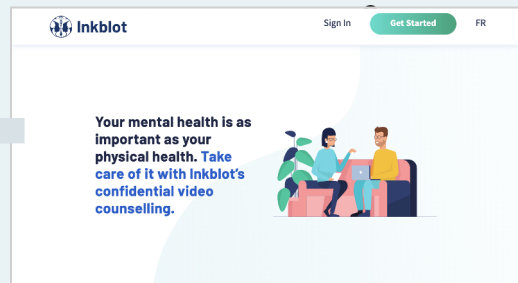
This program is completely CONFIDENTIAL, voluntary, and accessible at your convenience. No one at CMAW will know if you or your dependents use this program.

Note: for those already currently engaged in counselling with our existing provider, you may continue sessions without disruption until completed. Starting July 1, 2022 you can access Inkblot using the information below.

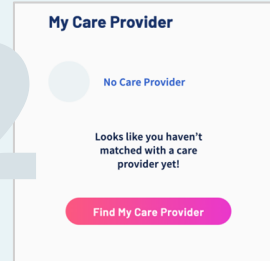
### Get started:

1. Go directly to [www.cmawefap.ca](http://www.cmawefap.ca) and click on **'Get Started'** to register. Dependents can visit the same URL to register for their own account.
2. Once you are logged in, you will have the option of selecting an individual or couples counsellor. Click on **Find My Care Provider**. You will then complete a short assessment to help match you to an appropriate counsellor. **Your first 15 minute individual consultation is free.**
3. When it's time for your session, find a quiet place that has good WIFI, and start your session.
4. If you are having any problems navigating the site, **click the live chat green circle** in the lower right corner of the screen or call **1-855-933-0103**

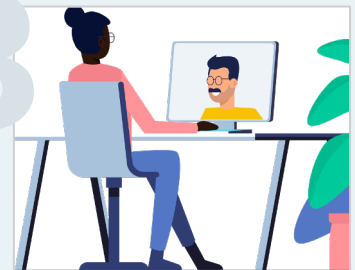
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# BOOKING FUTURE SESSIONS:

1. If you are happy with your selected counsellor, book your next counselling sessions by going to **Your Care Provider's calendar** and clicking on the date desired to see what appointment times are available. **Your first 15 minute individual consultation is free.**

1

Select a date:

Available Appointment  
Selected Date

April 2020

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Select a time:

12:30 PM - 1:30 PM    1:00 PM - 2:00 PM  
2:30 PM - 3:30 PM    3:00 PM - 4:00 PM  
4:30 PM - 5:30 PM

**Your next 3 hours of individual and 3 hours of couples counselling is covered by CMAW and is free.** After you have used your 3 hours, subsequent sessions are **reimbursable** through your benefits health plan. You will be asked to input your credit card information when booking subsequent sessions and following the session you will be emailed a receipt for reimbursement.

2. If you would like to select a different counsellor, go to **My Care Provider** and click **'unmatch'**. You will be asked if you want to reselect from the list of possible counsellor matches, or do the assessment again. **You will have another free 15 minute individual consultation with your new counsellor.**

2

**My Care Provider**

**Kerrin Daniels**  
BA, MScPsych

**Approach to Care**

- ✓ The impact of thoughts on emotions and behaviours
- ✓ Mindfulness and emotional acceptance
- ✓ Energy balance and mind-body wellness

Languages

English

**Practitioner Bio**

As we say in the UK, Hi ya, How do or Alright Mate? Not great im guessing, which brings you here. Pleased to meet you. Forty years on earth has taught me that life is difficult at times even for those who seem to have it all or who have had that 'perfect' childhood. Maybe you have suffered abuse, loss, trauma or endured a relationship that weighs you down. Maybe you feel a constant stagnation in your life or battle self-worth or identity issues. Whatever your struggle, I'm here to let you know

**Send Files**

Use this tool to send files to your care practitioner.

Select File

.jpg, .jpeg, .gif, .png, .pdf, .doc

Send

**Care Provider Preferences**

Do you wish to unmatch with your Care Provider?

Unmatch

Hand cursor icon pointing to the 'Unmatch' button.

To book any additional services (**legal, financial, career, health or life coaching**), click on the **Advisory Services** tab at the top of the Inkblot dashboard.

To book a session in-person, follow the same process as outlined above by visiting [www.cmaweifap.ca](http://www.cmaweifap.ca) and completing your registration.

## FOR MORE INFORMATION

If you need help while on the Inkblot site:

- Use the online chat feature
- Email [support@inkblottherapy.com](mailto:support@inkblottherapy.com)
- Call **1-855-933-0103**

[WWW.CMAWEFAP.CA](http://WWW.CMAWEFAP.CA)

