



Aleksei Panov Psychological Services

Intake Checklist

Before you book

- Confirm you are located in Ontario for the session.
- Think about your main goal: symptom relief, skills, relationship support, or diagnostic clarification.
- If using benefits, check whether a registered psychologist/psychological associate receipt is covered by your plan.

For therapy sessions

- A quiet, private space (headphones recommended).
- Notebook or notes app for key takeaways.
- Any relevant medical/therapy history you want to share.

For assessments (ADHD / diagnostic clarification / mood / personality)

- A list of current medications (if any).
- Relevant past reports (if you have them) — prior assessments, treatment summaries, school records (optional but helpful).
- A trusted collateral person may be recommended in some cases (with your consent).

For MVA / WSIB

- Your claim details (adjuster or case manager contact, claim number if available).
- Any forms or documentation you've been asked to provide.
- If you have legal representation, note your lawyer/paralegal contact (optional).

Last updated: December 16, 2025. This checklist is informational and may be adapted based on your situation.