

Professional Pillars

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Dr. Erinn

COUNTRY COUNSELLING
SERVICES



Award Winning Researcher (APA)
National Psychological Presenter (CPA)
Global Psychological Sciences Presenter (APS)
Author, Clinician, Educator, Consultant.

Couples Treatment Packages

Breakdown for Insurance

February 2026

As at February 2026, please find below the breakdown of costs per couples treatment package, to assist you in exploring coverage from your insurance plan.

Package 1: COUPLES RESET PROGRAM

About: Couples Reset is a focused, short-term program designed to help couples reset negative patterns, improve communication, and rebuild connection without a formal assessment process.

Investment:

- 4 x 90-minute couples counselling sessions
- \$450 per session
- Total investment: \$1,800 (each session is billed individually as it occurs, with a receipt generated for the couple to submit to their insurance plan according to their plan terms and limits. No direct billing is provided).

Package 2: RELATIONSHIP ADVANCEMENT PACKAGE

About: The Relationship Advancement Package is designed for couples seeking a comprehensive understanding of their relationship, including assessment-informed recommendations and guided therapeutic support.

Investment:

This package begins with an intake couples counselling appointment, followed by a comprehensive relationship assessment appointment evaluating both partners within the context of the relationship. Couples receive a written assessment report outlining strengths, stressors, relational patterns, and clear, actionable recommendations which are utilized to support the further counselling appointments.

- 1 x 50-minute couples counselling intake session (\$250)/ billed at time of session.
- 1x 2 hr assessment appointment with the couple to administer assessment tools, followed by the clinicians time interpreting the data, integrating themes, and writing the report to be reviewed at the third session (\$1250)/billed at time of assessment appointment.
- 5 x further couples counselling appointments (\$1250)/ billed at session rate of \$250 when each counselling session happens.
- Total investment: \$2,750 (each session is billed individually as it occurs, and the assessment appointment is billed as it occurs, with a receipt generated for the couple to submit to their insurance plan according to their plan terms and limits. No direct billing is provided).

Clinician Information:

Services are provided by video appointment with:

Dr. Erinn Bailey-Sawatzky, Psy.D, M.A. (counselling psychology).

Dr. Bailey-Sawatzky is a Registered Clinical Counsellor (13594), Counselling Therapist/Psychotherapist (1203), and Registered Therapeutic Counsellor (#2555) registered with the following associations: Association of Counselling Therapy of Alberta, BC Association of Clinical Counsellors, Association of Cooperative Counselling Therapists of Canada.

American Psychological Association Award Winning Researcher

Prescribing Psychologist (RxP) Research Expert Canada

Advanced Clinical Counselling & Assessment Educator

Global Psychological Science Research Presenter- CPA & APS

International Mental Health Scope of Practice Consultant

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