basecamp
THERAPY, FOR MEN

Physician Referral Summary

Online psychotherapy for men across Ontario

CURRENT AVAILABILITY

Accepting new clients.

Typical wait from referral to first appointment: two to three days.

Updated
October 2, 2026

Refer for

Stress, irritability, sleep disruption or fatigue
When the underlying picture is psychological rather than medical.

Burnout in professionals and business owners
Including presentations that look like physical complaints.

Anger and emotional regulation difficulties
Including men referred at a partner's urging.

Anxiety
Including performance anxiety and persistent rumination.

Depression
In the mild to moderate range.

Relationship difficulties
Communication breakdown and the effects of infidelity.

Life transitions
Career change, retirement, new fatherhood, selling or leaving a business.

Grief and bereavement

Men reluctant to engage with therapy
Who have not previously pursued treatment.

Not a good fit

- Acute suicidality or active risk of harm to self or others
- Active psychosis or suspected first-episode psychosis
- Substance withdrawal or anyone requiring medically supervised detoxification
- Eating disorders requiring medical monitoring
- Anyone requiring psychiatric assessment, diagnosis, or medication management
- Court-mandated anger management or Partner Assault Response (PAR) programs
- Anyone under 18
- Women seeking individual therapy (couples work is available separately where both partners are engaged and the focus is the relationship between them)

How to refer

No form, no paperwork.
The patient books a free 15-minute consultation at **basecamptherapy.ca**, or contact Jordan to discuss first.

Fees

Individual: $160 / 50 min
Couples: $180 / 50 min
Free 15-minute consultation

Receipt with CRPO registration number provided for extended-health submission; coverage depends on the plan.

Practitioner

Jordan Wiener, RP (Qualifying), CRPO #21656
Practises under ongoing clinical supervision, as required by the CRPO for the Qualifying category · MA Counselling Psychology (Yorkville) · EFCT (ICEEFT), EFT/IFS-informed · Background in finance and as a chief of staff.

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