


ALI AHMAD, BSW, MSW, RSW *HE/HIM*

TRAINING & APPROACH INDIV 125 COUPLES 175
COGNITIVE BEHAVIOURAL THERAPY (CBT), DIALECTICAL BEHAVIOURAL THERAPY, MINDFULNESS THERAPY, INTERPERSONAL MEDIATION, AND EMOTIONALLY FOCUSED THERAPY (EFT) FOR COUPLES, TRAUMA INFORMED COUNSELLING, & SEX THERAPY.

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 492-2239 | **E:** aliahmadpsychotherapy@gmail.com
W: findasocialworker.ca/ON/en/SocialWorkerDetails.asp?ProfileID=2 


OFFER CLINICAL SUPERVISION: YES

ALICE BLACKWELL, RP(QUALIFYING) *SHE/HER*

TRAINING & APPROACH 80 PER SESSION

FEMINIST, PSYCHODYNAMIC, RELATIONAL, EXISTENTIAL

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH


T: +1(647)829-5742 | **E:** aliceblackwell@protonmail.com
W: <https://www.psychologytoday.com/ca/therapists/alice-blackwell-toronto-on/1122544> 

OFFER CLINICAL SUPERVISION: NO

ALLISON KIRSCHBAUM, PhD, C.PSYCH *SHE/HER*

TRAINING & APPROACH 250
SEX THERAPY, COUPLES, BEHAVIORAL MEDICINE, ACT, DBT, EFT, CBT, CPT

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH


T: (647) 362-8822 EXT. 129 | **E:** a.kirschbaum@remedycentre.ca
W: <https://remedycentre.ca/team/allison-kirschbaum/> 

OFFER CLINICAL SUPERVISION: NO

AMANDA ROSS, MSW, RSW *SHE/HER*

TRAINING & APPROACH 140 (50 MIN) & SLIDING SCALE OPTIONS
MINDFULNESS, IFS, TRAUMA-INFORMED, SENSORIMOTOR PSYCHOTHERAPY, NARRATIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A


T: N/A | **E:** amandarosstherapy@gmail.com
W: amandarosstherapy.com 

OFFER CLINICAL SUPERVISION: NO

ALI AIRD, RP (QUALIFYING) *SHE/HER*

TRAINING & APPROACH 140
EFT
IFS
SOMATIC
PSYCHODYNAMIC

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 691-3537 | **E:** ali@charlottepidgeon.com
W: charlottepidgeon.com/ali 


OFFER CLINICAL SUPERVISION: NO

ALISON JAMES, RP *SHE/HER*

TRAINING & APPROACH 125 - 250

RELATIONAL, SOMATIC, TRAUMA-INFORMED (EMDR, PARTS WORK, NERVOUS SYSTEM REGULATION)

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A


T: (647) 699-5530 | **E:** hello@alisonjamestherapy.com
W: alisonjamestherapy.com 

OFFER CLINICAL SUPERVISION: YES

ALLISON YEATMAN, MSW, RSW *SHE/HER*

TRAINING & APPROACH 130
NARRATIVE THERAPY, STRUCTURAL DISSOCIATION/PARTS WORK
MINDFULNESS/MIND-BODY CONNECTION/POLYVAGEL, BRAINSPOTTING

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH


T: (289) 210-7271 | **E:** Allisonyeatmancounselling@gmail.com
W: <https://www.psychologytoday.com/ca/therapists/allison-yeatman-saint-catharines-on/861814> 

OFFER CLINICAL SUPERVISION: YES

AMBROSE KIRBY, RP *HE/HIM*

TRAINING & APPROACH 125
EMBODIED RELATIONAL GESTALT, RELATIONAL ANTI-OPPRESSION

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** ambrose.kirby@gmail.com 


OFFER CLINICAL SUPERVISION: YES

AMELIA DENG, RP (QUALIFYING) SHE/HER

TRAINING & APPROACH 150

INTEGRATIVE APPROACH. TRAININGS IN: EFT, EFT-ATTACHMENT SCIENCE, ACT, TRAUMA-FOCUSED, FAMILY THERAPY, GROUP THERAPY, PERSON-CENTERED, CBT

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** MANDARIN

T: (647) 836-2697 | **E:** ameliadengtherapy@gmail.com
W: psychologytoday.com/ca/therapists/amelia-yuxin-deng-toronto-on/1094494 

OFFER CLINICAL SUPERVISION: NO

AMY DRUKER, MSW, RSW SHE/HER

TRAINING & APPROACH 160 (INDIVIDUALS), 175 (COUPLES)

NARRATIVE THERAPY AND SOLUTION FOCUSED (POST MODERN)

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:**

T: (647) 894-4107 | **E:** Therapy@amydruker.com
W: www.amydruker.com


OFFER CLINICAL SUPERVISION: YES 

ANAÏS ESCOBAR, BA, STUDENT THERAPIST (TIRP) SHE/HER

TRAINING & APPROACH 120 (SLIDING SCALE AVAILABLE)

RELATIONAL, PSYCHODYNAMIC, CLIENT-CENTERED, TRAUMA-INFORMED, ATTACHMENT-BASED, ANTI-RACIST, ANTI-OPPRESSIVE, TRAUMA-INFORMED, CLASS-CONSCIOUS, LGBTQ+, DISABILITY & NEURODIVERGENT-AFFIRMING, HAES-ALIGNED.

SERVICE: VIRTUAL **OTHER LANGUAGES:** SPANISH

T: N/A | **E:** hello@anaiescobar.com
W: anaiescobar.com/ 


OFFER CLINICAL SUPERVISION: NO

ANDI YUMANSKY, MPS, RP (QUALIFYING) THEY/THEM

TRAINING & APPROACH 100-130

RELATIONAL, EXISTENTIAL, SPIRITUALLY-INTEGRATED, SOMATIC / MINDFULNESS-BASED, TRAUMA-INFORMED

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** andi.yumansky@gmail.com
W: 


OFFER CLINICAL SUPERVISION: NO

AMELIA SLOAN, RP, RN THEY/THEM

TRAINING & APPROACH 125-250

RELATIONAL SOMATIC & SEX THERAPY; WITH PARTS WORK, TRAUMA WORK, NERVOUS SYSTEM REGULATION, ATTACHMENT BASED & ANTI-OPPRESSIVE.

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** ameliasloantherapy@gmail.com
W: ameliasloantherapy.com 

OFFER CLINICAL SUPERVISION: NO


ANABEL KHOO, RP THEY/THEM

TRAINING & APPROACH 175 (155 + HST)

SOMATIC & SENSORIMOTOR THERAPY, ATTACHMENT, PARTS WORK, PSYCHODYNAMIC, EXISTENTIAL, SPIRITUAL.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** anabel.khoo@gmail.com

W: psychologytoday.com/ca/therapists/anabel-khoo-toronto-on/751339 


OFFER CLINICAL SUPERVISION: NO

ANDER NEGRAZIS, RP THEY/THEM

TRAINING & APPROACH 210

FOCUS: AUTISM, TRAUMA, AND GENDER, SEXUALITY & RELATIONSHIPS, PHILOSOPHIES: TRAUMA FOCUSED, DE-PATHOLOGIZING, DISABILITY JUSTICE, ANTI-OPPRESSIVE, ANTI-IMPERIALIST, FEMINIST, HEALING JUSTICE APPROACHES: RELATIONAL - PSYCHODYNAMIC, PSYCHOEDUCATIONAL, NARRATIVE, COGNITIVE, FEMINIST, COLLABORATIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** gettotheroot@protonmail.com
W: holdingittogether.com 


OFFER CLINICAL SUPERVISION: NO

ANDREA FAVERI, RP (QUALIFYING) SHE/HER

TRAINING & APPROACH 130 INDIV, 150 COUPLES

RELATIONAL, TRAUMA-INFORMED, ATTACHMENT-BASED, SOMATIC, MINDFULNESS, ANTI-RACIST, ANTI-OPPRESSIVE, LGBTQ+, DISABILITY & NEURODIVERGENT-AFFIRMING

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** FRENCH

T: N/A | **E:** afaiveritherapy@gmail.com
W: andreafteri.com/ 

OFFER CLINICAL SUPERVISION: YES

ANDREA JOYCE, MSW, RSW *SHE/HER*

TRAINING & APPROACH 160-180

ASTO CERTIFIED SEX THERAPIST, NARRATIVE THERAPY, GOTTMAN & EFT INFORMED, TRAUMA-INFORMED CBT, ATTACHMENT BASED, SEX-POSITIVE, FEMINIST & PRO-CHOICE THEORETICAL FRAMEWORK & MINDFULNESS BASED PRACTICE.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 668-2711 | **E:** andrea@andreajoyce.com

W: andreajoyce.com



OFFER CLINICAL SUPERVISION: NO

ANDREW HOLMES, MSW, RSW *THEY/THEM*

TRAINING & APPROACH

175 INDIV, 200 SUPERVISION, 300 COUPLES/FAMILIES

TRAINED TRAUMATOLOGIST
IFS, TRAUMA INFORMED PRACTICE, ANTI OPPRESSIVE FRAMEWORK.

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (416) 888-7897 | **E:** andrewroyleeholmes@gmail.com

W: innerjoytherapy.org



OFFER CLINICAL SUPERVISION: YES

ANDREW WINCHUR, RP (QUALIFYING) *HE/HIM*

TRAINING & APPROACH 150/SESSION

OISE, MED-COUNSELLING AND PSYCHOTHERAPY, ACT, EFT, IFS, NARRATIVE.

SERVICE: IN PERSON **OTHER LANGUAGES:** ENGLISH

T: (647) 570-3924 | **E:** andrew.winchur@proton.me

W: <https://awinchur.wixsite.com/praxispsychotherapy>



OFFER CLINICAL SUPERVISION: NO

ANTON CORVUS, DIPGIT, RP (QUALIFYING) *THEY/THEM*

TRAINING & APPROACH 135-180

RELATIONAL GESTALT PSYCHOTHERAPY, HOLISTIC HYPNOTHERAPY. CREATIVE, EMBODIED, CO-CREATED, MINDFULNESS, SPIRITUAL. TRAUMA INFORMED. POLY & KINK +, SEX & SEX WORKER +. TRANSMASC N.B THERAPIST.

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** antonccorvus@proton.me

W: interwoven-souls.ca



OFFER CLINICAL SUPERVISION: NO

ANDREA ROWELL, MSW, RSW *SHE/HER*

TRAINING & APPROACH 180

PARTS WORK (IFS), RELATIONAL, MINDFULNESS AND BODY-BASED APPROACHES; ACT AND CBT

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 699-3700 | **E:** andrea@andrearowelltherapy.com

W: andrearowelltherapy.com



OFFER CLINICAL SUPERVISION: NO

ANDREW ROSS, MSW, RSW *HE/HIM*

TRAINING & APPROACH 140-150

PSYCHODYNAMIC, PERSON-CENTRED, CBT, MBCT, TRAUMA INFORMED, ATTACHEDMENT BASED, AOP, KINK POLY FRIENDLY

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 799-3515 | **E:** therapy@andrewrosstherapy.com

W: andrewrosstherapy.com



OFFER CLINICAL SUPERVISION: YES

ANTON (ANT) CORVUS, DIP(GIT), RP (Q) *THEY/THEM*

TRAINING & APPROACH 135-180

RELATIONAL GESTALT PSYCHOTHERAPY, HOLISTIC HYPNOTHERAPY. CREATIVE, EMBODIED, CO-CREATED, MINDFULNESS, SPIRITUAL. TRAUMA INFORMED. POLY & KINK +, SEX & SEX WORKER +. TRANSMASC N.B THERAPIST.

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:**

T: (437) 837-1107 | **E:** antcorvus@proton.me

W: interwoven-souls.ca



OFFER CLINICAL SUPERVISION: NO

ARI LOEWEN, JD, MACP, RP (QUALIFYING) *THEY/THEM*

TRAINING & APPROACH 140 + HST (SLIDING SCALE FROM 100)

PERSON-CENTRED, HUMANISTIC, INTEGRATIVE/ECCLECTIC, RELATIONAL, PSYCHODYNAMIC, EXISTENTIAL, EXPERIENTIAL, TRAUMA-INFORMED, ACT, AND MORE!

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (437) 747-5449 | **E:** ari@charlottepidgeon.com

W: <https://www.charlottepidgeon.com/ari>



OFFER CLINICAL SUPERVISION: NO

ASHLEY EDWARDSON, MSW, RSW *SHE/HER*

TRAINING & APPROACH 120

RELATIONAL, CLIENT-CENTERED, TRAUMA INFORMED, HARM REDUCTION

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** hello@ashleyedwardsontherapy.ca

W: ashleyedwardsontherapy.ca



OFFER CLINICAL SUPERVISION: NO

ASIM ASHRAF, RP *HE/HIM*

TRAINING & APPROACH 120-180

COGNITIVE BEHAVIOURAL THERAPY, EMOTION-FOCUSED THERAPY, MINDFULNESS-BASED INTERVENTIONS, INTERNAL FAMILY SYSTEMS,

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 490-5831 | **E:** asim@asimtherapy.com

W: asimtherapy.com



OFFER CLINICAL SUPERVISION: YES

AVI ZER-AVIV, RP *HE/HIM*

TRAINING & APPROACH 130

PSYCHODYNAMIC, HUMANISTIC, SOMATIC, EXPERIENTIAL, CLIENT-CENTERED, HOLISTIC

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 656-3730 | **E:** avi@springseed.ca

W: springseed.ca



OFFER CLINICAL SUPERVISION: NO

AYSHA NATSHEH, MSW, RSW *THEY/THEM*

TRAINING & APPROACH 150 (SLIDING SCALE OPTIONS)

TRAUMA CENTRED, ANTI-OPPRESSIVE, RELATIONAL, ATTACHMENT-BASED, SOMATIC, PARTS WORK, HARM REDUCTION, AND NARRATIVE THERAPY APPROACHES. EMDR TRAINED. AREAS OF FOCUS: TRAUMA, DISORDERED EATING, NON-MONO GAMY, GENDER & TRANSITION.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** aysha.umhn@gmail.com

W: umhn.ca/therapist-aysha-natsheh/



OFFER CLINICAL SUPERVISION: NO

ASHRAF AHMED, PhD, C.PSYCH/REG PSYCHOLOGIST *HE/HIM*

TRAINING & APPROACH 200

INTEGRATIVE, TRAUMA INFORMED, INTERPERSONAL, PSYCHODYNAMIC/ANALYTIC, EFT, CBT

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 215-4050 | **E:** dr.ashraf.ahmed@gmail.com

W:



OFFER CLINICAL SUPERVISION: YES

ATIA HAQ, RP *SHE/HER*

TRAINING & APPROACH 100

ANTI-OPPRESSIVE, ANTI-COLONIAL, LIBERATORY, TRAUMA-INFORMED, NARRATIVE, HUMANISTIC, RELATIONAL

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 967-8449 | **E:** atia.haq@gmail.com

W:



OFFER CLINICAL SUPERVISION: NO

AVIGAL WILLING, MSW, RSW *SHE/HER*

TRAINING & APPROACH 145

PARTS WORK (IFS), DIALECTICAL BEHAVIOUR THERAPY (DBT) COGNITIVE BEHAVIOURAL THERAPY (CBT), POLYVAGAL TRAUMA INFORMED STABILIZATION TREATMENT (TIST), NARRATIVE PLAY AND THERAPEUTIC ARTS

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** avigal@growthwellnesstherapy.com

W: growthwellnesstherapy.com/avigal-willing



OFFER CLINICAL SUPERVISION: NO

BARBARA MANCINI, PhD, C.PSYCH/REG PSYCHOLOGIST

SHE/HER

TRAINING & APPROACH 200-250

EFT, CBT, DBT, PSYCHODYNAMIC, TRAUMA-INFORMED, ATTACHMENT-BASED, PLAY THERAPY, FAMILY SYSTEMS

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 551-7284 | **E:** bmancini@stepstonepsychology.com

W: stepstonepsychology.com



OFFER CLINICAL SUPERVISION: YES

BARBARA MORRIS, BSc, CTPDipl, RP *THEY/THEM*

TRAINING & APPROACH 100-140

PSYCHODYNAMIC PSYCHOANALYTIC PSYCHOTHERAPY. FOCUS: SEXUALITY/TRAUMA

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** barbara@poynton.ca

W: barbaramorris.ca



OFFER CLINICAL SUPERVISION: NO

BECCA SAWYER, RP (QUALIFYING) *SHE/HER*

TRAINING & APPROACH 125 (SLIDING SCALE AVAILABLE)

PERSON-CENTRED, TRAUMA-INFORMED, INTEGRATIVE, EMOTION-FOCUSED. PARTS WORK, FAT LIBERATION, NEURODIVERGENT- AFFIRMING, UNDOING RELIGIOUS BASED HARM.

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (289) 276-7145 | **E:** beccasawyertherapy@gmail.com

W: <https://www.beccasawyertherapy.com/>



OFFER CLINICAL SUPERVISION: NO

BENN BRISLAND, MSW, RSW, CYC *HE/HIM*

TRAINING & APPROACH 110-150

SLIDING SCALE/PRO-BONO SPACES AVAILABLE

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:**

T: (416) 888-2140 | **E:** info@thedeeproots.ca

W: www.thedeeproots.ca



OFFER CLINICAL SUPERVISION: NO

BRAD GARRISON, M.Ed., RP, CCC *HE/HIM*

TRAINING & APPROACH 175 INDIVIDUAL, 205 COUPLES

SEX THERAPY, GOTTMAN-STYLE, EFT, CBT, DBT, SYSTEMIC, IFS, SFT

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH, FRENCH

T: (647) 547-9512 | **E:** brad@healingpaththerapy.ca

W: www.healingpaththerapy.ca/brad-garrison



OFFER CLINICAL SUPERVISION: YES

BECCA PEARL, MEd, RP *THEY/THEM*

TRAINING & APPROACH 135-150

TRAUMA, RELATIONAL, ATTACHMENT, IFS, SENSORIMOTOR

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** beccapearl.psychotherapy@gmail.com

W: tinyurl.com/Bptherapy



OFFER CLINICAL SUPERVISION: NO

BENJAMIN LANDSBERG, MA, RP (QUALIFYING) *HE/HIM*

TRAINING & APPROACH 150.00

ATTACHMENT-ORIENTED, TRAUMA-INFORMED, PSYCHODYNAMIC, PARTS WORK/STRUCTURAL DISSOCIATION, RELATIONAL, SOMATIC, MINDFULNESS

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** benjamin@mindfulness-therapy.ca

W: mindfulness-therapy.ca/therapists/benjamin/



OFFER CLINICAL SUPERVISION: NO

Bo Yih Thom, MSW, RSW *SHE/THEY*

TRAINING & APPROACH 150

HOLISTIC, ANTI-COLONIAL/INTERSECTIONAL, TRAUMA AND RESILIENCE, MINDFULNESS, HARM REDUCTION, EFT

SERVICE: **OTHER LANGUAGES:** N/A

T: (416) 879-8854 | **E:** boyih@hotmail.com

W: IntegrativeCounsellingResources.com



OFFER CLINICAL SUPERVISION: YES

BRENDA PONIC, MSW, RSW *SHE/HER*

TRAINING & APPROACH 150

INTERNAL FAMILY SYSTEMS, SENSORIMOTOR, TRAUMA, ATTACHMENT, CBT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 228-4582 | **E:** brenda@brendaponic.ca

W: brendaponic.ca



OFFER CLINICAL SUPERVISION: YES

BRIAN KONIK, BSW, MSW, RSW *HE/HIM*

TRAINING & APPROACH 145

NARRATIVE, SOLUTION FOCUSED, TRAUMA, MINDFULNESS, ACT, CBT, GOTTMAN, ANTI-OPPRESSION

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 483-7100 | **E:** info@briankonik.com

W: briankonik.com



OFFER CLINICAL SUPERVISION: NO

CALIXTE RENAUD, RP (QUALIFYING) *SHE/HER*

TRAINING & APPROACH 140 INDIV, 180 COUPLES + CONSTELLATIONS

RELATIONAL PSYCHOTHERAPY, ATTACHMENT-FOCUSED, BDSM-KINK KNOWLEDGABLE AND AFFIRMING, SEX POSITIVE, CNM/POLYAMOURY KNOWLEDGABLE AND AFFIRMING, SEX WORK KNOWLEDGABLE AND AFFIRMING, SJ INFORMED & ANTI-O STRIVING

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** hello@deepwelltherapy.com

W: deepwelltherapy.com



OFFER CLINICAL SUPERVISION: NO

CARLA CONDON BARTON, MSc, MSW, RSW *SHE/THEY*

TRAINING & APPROACH 160

ACCEPTANCE AND COMMITMENT THERAPY, SEX THERAPY, NARRATIVE, SOMATIC

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (709) 740-7512 | **E:** carlabartontherapy@gmail.com

W: carlabartontherapy@gmail.com



OFFER CLINICAL SUPERVISION: NO

CARLY BOYCE, MSW, RSW *THEY/SHE*

TRAINING & APPROACH 75-140

RELATIONAL, NARRATIVE, TRAUMA INFORMED, ANTI-RACIST, ANTI-CARCERAL.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** carly.boyce@gmail.com

W: tinylantern.net



OFFER CLINICAL SUPERVISION: NO

BRUCE SMALL, MEd, RP *HE/HIM*

TRAINING & APPROACH 75-150

WHATEVER WORKS FOR THE CLIENT, E.G. NARRATIVE, EMOTION-FOCUSED, INTERNAL FAMILY SYSTEMS, LIFE SCRIPT THEORY, CBT.

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 274-1628 | **E:** bruce@envirodesic.com

W: brucesmall.com



OFFER CLINICAL SUPERVISION: NO

CARA HEITMANN, MSW, RSW *SHE/HER*

TRAINING & APPROACH 175, SLIDING SCALE AVAILABLE

EMDR, DBT, AND CBT THERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:**

T: (647) 569-4135 | **E:** Cara@heitmanncenter.com

W: www.heitmanncenter.com



OFFER CLINICAL SUPERVISION: YES

CARLING MASHINTER, MSc, RP *SHE/HER*

TRAINING & APPROACH 150-175

INTERNAL FAMILY SYSTEMS, NARRATIVE, EMOTION-FOCUSED, TRAUMA-INFORMED, ANTI-OPPRESSIVE AND FEMINIST INFORMED. INDIVIDUAL AND RELATIONAL THERAPY.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (226) 894-4112 | **E:** carling@relationshipmatterstherapy.com

W: relationshipmatterstherapy.com



OFFER CLINICAL SUPERVISION: NO

CARMELLE WOLFSON, MSW, RSW *SHE/HER*

TRAINING & APPROACH 165

INTEGRATIVE THERAPY, INTERNAL FAMILY SYSTEMS (IFS), POLYVAGAL THEORY RELATIONAL THERAPY, SOLUTIONS-FOCUSED THERAPY (SFT) MINDFULNESS-BASED STRESS REDUCTION (MBSR) DIALECTICAL BEHAVIOUR THERAPY (DBT), COGNITIVE BEHAVIOUR THERAPY (

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:**

T: | **E:** Carmellewolfson@gmail.com

W: https://www.acornandanchor.com/copy-of-michelle-l-guy



OFFER CLINICAL SUPERVISION: NO

CARRIE LAWFORD, MSW, RSW *THEY/THEM*

TRAINING & APPROACH 140-150
INTEGRATIVE, RELATIONAL, ATTACHMENT, PSYCHODYNAMIC, TRAUMA

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 696-5198 | **E:** carrie@carrielawford.com

W: healingcollective.ca



OFFER CLINICAL SUPERVISION: NO

GATE CREEDE-DESMARAIS, PhD, CPCPC, PCC (COACHING) *SHE/THEY*

TRAINING & APPROACH
I'M A PERSONAL AND LEADERSHIP COACH, SUPPORTING SIGNIFICANT CHANGE THROUGH COACTIVE, TRAUMA-INFORMED AND DIVERSITY COACHING.

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: | **E:** Cate@potentialgroup.com

W: <https://www.fieldpoppycoaching.com/>



OFFER CLINICAL SUPERVISION: NO

CHARLOTTE PIDGEON, RP *SHE/HER*

TRAINING & APPROACH 150
LGBTQIA2S+ SPECIALIZED
ATTACHMENT THEORY
RELATIONAL PSYCHOTHERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 691-3537 | **E:** charlotte@charlottepidgeon.com

W: charlottepidgeon.com



OFFER CLINICAL SUPERVISION: NO

CHRIS MOON, RP *HE/THEY*

TRAINING & APPROACH 120-150
GESTALT (RELATIONAL, CREATIVE, EMBODIED), BODY-ORIENTED-TRAUMA APPROACH (SOMATIC EXPERIENCING, PACT COUPLE'S TRAINING). SPECIALIZE IN WORKING WITH KINKY AND POLY FOLX

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** chris@emotional.ninja

W: emotional.ninja



OFFER CLINICAL SUPERVISION: NO

CAT LACHOWSKYJ, MA, RP(Q) *SHE/HER*

TRAINING & APPROACH 150+HST
RELATIONAL, EXISTENTIAL, PSYCHODYNAMIC.

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** cat.lachowskyj@gmail.com

W: affordabletherapynetwork.com/therapists/cat-lachow



OFFER CLINICAL SUPERVISION: NO

CHARLIE WILLIAMS, MSW, RSW *SHE/THEY*

TRAINING & APPROACH 140
NARRATIVE THERAPY, SOMATIC (SENSORIMOTOR PSYCHOTHERAPY), TRAUMA-INFORMED, ANTI-OPPRESSIVE, MINDFULNESS, DBT, SFBT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** charliewilliamstherapy@gmail.com

W: psychologytoday.com/ca/therapists/charlie-williams-toronto-on/962987



OFFER CLINICAL SUPERVISION: NO

CHERYL CHAMPAGNE, MEd, RP *SHE/HER*

TRAINING & APPROACH 160-180
INTERNAL FAMILY SYSTEMS, TRAUMA INFORMED, MINDFULNESS

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 746-5988 | **E:** champagne.therapy@bell.net

W: cherylchampagne.ca/



OFFER CLINICAL SUPERVISION: NO

CHRIS SPIESS, BSW, MSW, RSW *THEY/THEM*

TRAINING & APPROACH 130 FOR INDIV, 170 FAMILIES
SOMATIC EXPERIENCING (INTERMEDIATE LEVEL), INTERNAL FAMILY SYSTEMS, OTHER SOMATIC PRACTICES, DYADIC DEVELOPMENTAL PSYCHOTHERAPY, NARRATIVE AND RE-STORYING WORK, RELATIONAL AND DECOLONIAL PRACTICES.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 904-6727 | **E:** ChrisSpiess.therapy@gmail.com

W: psychologytoday.com/ca/therapists/chris-spiess-toronto-on/906864



OFFER CLINICAL SUPERVISION: NO

CHRISTELLE THIBAUT, RP *THEY/THEM*

TRAINING & APPROACH 85-150

GESTALT, EFT, SOMATIC EXPERIENCING, PARTS WORK (TIST/IFS), BRAINSPOTTING, RELATIONAL

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** FRENCH

T: N/A | **E:** cthibault@gestaltmail.ca

W: christellethibault.com



OFFER CLINICAL SUPERVISION: NO

CHRISTOPHER FOWLER, RP (QUALIFYING) *HE/HIM*

TRAINING & APPROACH 140 INDIV; 160

COUPLES/PARTNERSHIPS
RELATIONAL, PSYCHODYNAMIC PSYCHOTHERAPY

BFA, MA CANDIDATE, ATPPP TRAINEE

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** therapy@christopherfowler.ca

W: queertherapist.ca/



OFFER CLINICAL SUPERVISION: NO

CHRISTOPHER MCKINNON, BSc, MA, RP *THEY/THEM*

TRAINING & APPROACH 75 - 195

PSYCHODYNAMIC, SCHEMA THERAPY, AEDP, EXPERIENTIAL, NARRATIVE, EXISTENTIAL

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 615-8983 | **E:** hello@christophermckinnon.ca

W: christophermckinnon.ca/therapy



OFFER CLINICAL SUPERVISION: NO

CHRISTY OGLEY-BRAMER, MSW, RSW *SHE/HER*

TRAINING & APPROACH 140 (+ SLIDING SCALE AVAILABLE)

ECCLECTIC, ANTI-OPPRESSIVE, CBT, CPT, DBT, FEMINIST, EMDR (OCT 2023 ONWARD.)

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** FRENCH

T: (905) 586-6973 | **E:** info@christyogleytherapy.ca

W: christyogleytherapy.ca



OFFER CLINICAL SUPERVISION: NO

CHRISTIEN GARCIA, THERAPIST IN TRAINING *HE/HIM*

TRAINING & APPROACH 90/SESSION. I ALSO OFFER LOW-

COST PSYCHOANALYSIS
PHD. PSYCHOANALYSIS, PSYCHOANALYTIC PSYCHOTHERAPY

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** ChristienGarcia@gmail.com

W: christiengarcia.com



OFFER CLINICAL SUPERVISION: NO

CHRISTOPHER HADDEN, MSW, RSW *HE/HIM*

TRAINING & APPROACH 150

CBT, INTERPERSONAL, PSYCHODYNAMIC, TRAUMA INFORMED

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 951-1463 | **E:** christopher_hadden@hotmail.com

W: christopherhadden.org



OFFER CLINICAL SUPERVISION: NO

CHRISTOPHER SHILLINGTON, MA, RP, CCC *HE/THEY*

TRAINING & APPROACH 135-175

NARRATIVE, SOLUTION, MCBT, DBT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** chris.shillington@gmail.com

W:



OFFER CLINICAL SUPERVISION: YES

CLARE KARASIK, MSW, RSW *SHE/HER*

TRAINING & APPROACH 165 (SLIDING SCALE AVAILABLE)

EMOTION-FOCUSED THERAPY, NARRATIVE THERAPY, MINDFULNESS-BASED APPROACHES, SOMATIC APPROACHES, AND COGNITIVE-BEHAVIOURAL THERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** clarekarasikmsw@gmail.com

W: clarekarasikmsw.com/



OFFER CLINICAL SUPERVISION: NO

CYNDA ASHTON, MSW, RSW *SHE/HER*

TRAINING & APPROACH

EMOTION FOCUSED FAMILY THERAPY

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (289) 276-3838 | **E:** Cynda.ashton@coretherapycentre.com

W: <https://www.coretherapycentre.com/about-cynda-ashton>

OFFER CLINICAL SUPERVISION: NO



DAN PASQUA, RP (Q) *HE/HIM*

TRAINING & APPROACH

145/SESSION

CLIENT-CENTERED, TRAUMA-INFORMED APPROACH. IFS-INFORMED DBT, CBT, ACT

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** dan@allofyou.ca

W: allofyou.ca/Practitioners/Dan%20Pasqua

OFFER CLINICAL SUPERVISION: NO



DANIELLE LANCASTER, MCouns, BA *SHE/HER*

TRAINING & APPROACH

100-145

RELATIONAL, PSYCHODYNAMIC, PERSON-CENTERED, GESTALT, IFS/PARTS WORK, TRAUMA-INFORMED

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** hello@daniellelancastertherapy.com

W: daniellelancastertherapy.com

OFFER CLINICAL SUPERVISION: NO



DAVID MOULTON, M.Ed., RP, CCC *HE/HIM*

TRAINING & APPROACH

160

CBT, IFS, NARRATIVE, SFBT, STRENGTHS-BASED, ANTI-OPPRESSIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 525-8268 | **E:** counselling@davidmoulton.ca

W: davidmoulton.ca

OFFER CLINICAL SUPERVISION: YES



DAN BEVAN-BAKER, MA, RP (QUALIFYING) *HE/HIM*

TRAINING & APPROACH

150 (SLIDING SCALE AVAILABLE)

MTA (MUSIC THERAPIST ACCREDITED)

MUSIC THERAPY, PSYCHOTHERAPY, TRAUMA-INFORMED, ANTI-OPPRESSIVE, INTERSECTIONAL, RELATIONAL, ARTS-BASED, NARRATIVE, EXISTENTIAL

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 841-2741 | **E:** dan.bb.music@gmail.com

OFFER CLINICAL SUPERVISION: NO



DANIEL PUGH, BSW, MSW, RSW, CCTP-1 & CGCS. *HE/HIM*

TRAINING & APPROACH

125 - 150

"INTEGRATIVE": CBT, DBT, EFT/M-EFT, MINDFULNESS, ADDICTIONS, NARRATIVE, SOLUTION-FOCUSED, TRAUMA-INFORMED/SPECIFIC, GRIEF & TRAUMA CERTIFIED. PRINCIPLED IN HARM REDUCTION, ARAO-C, SEX POSITIVE. FOR COUPLES - OPEN TO ANY FORMATION OF RELATIONSHIP - IE; POLY, KINK, ETC.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 616-0273 | **E:** danielwcpugh@proton.me

W: talk2daniel.ca

OFFER CLINICAL SUPERVISION: NO



DARREN PARKER, MSW RSW *HE/HIM*

TRAINING & APPROACH

130

COGNITIVE BEHAVIOURAL THERAPY (CBT), DIALECTIC BEHAVIOUR THERAPY (DBT), ACCEPTANCE AND COMMITMENT THERAPY (ACT), MINDFULNESS

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 503-0540 | **E:** darren@darrenparkertherapy.com

W: darrenparkertherapy.com

OFFER CLINICAL SUPERVISION: NO



DAVID PRENDERGAST, BAS, BSW, MSW, RSW *HE/HIM*

TRAINING & APPROACH

140

CBT, EFT, NARRATIVE THERAPY AND MINDFULNESS

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 570-9261 | **E:** djpcounselling@gmail.com

W: davidprendergast.com

OFFER CLINICAL SUPERVISION: NO



DAVID TALLER, RP(QUALIFYING) HE/HIM

TRAINING & APPROACH

65 INDIVIDUALS, 95 COUPLES

MINDFULNESS, HUMANISTIC (PERSON CENTERED, EXISTENTIAL) PSYCHODYNAMIC, EXPERIENTIAL, IFS, CBT

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (437) 747-8620 | **E:** david.taller.therpay@gmail.com

W: <https://www.psychologytoday.com/ca/therapists/david-andrew-taller-toronto-on/1203605>

OFFER CLINICAL SUPERVISION: NO



DAWN SHICKLUNA, MA, MEd, PhD, RP SHE/HER

TRAINING & APPROACH

140-180

CLINICAL SUPERVISION, ANTI-OPPRESSION, ATTACHMENT, IFST, NARRATIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (905) 324-7917 | **E:** Dawn@humanconnectionsniagara.com

W: humanconnectionsniagara.com

OFFER CLINICAL SUPERVISION: YES



DEBB BERTAZZON, MA, CYC, RP SHE/THEY

TRAINING & APPROACH

150

CHILD & YOUTH COUNSELLING, PARENT/CAREGIVER SUPPORT, RELATIONAL, TRAUMA & ATTACHMENT-INFORMED, STRENGTH-BASED, SOLUTION-FOCUSED, NARRATIVE, PLAY/ACTIVITY-BASED

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 779-8885 | **E:** debb.bertazzon@gmail.com

W: dbertazzon.com

OFFER CLINICAL SUPERVISION: YES



DEREK CASSIDY, BSW, MSW, RSW HE/THEY

TRAINING & APPROACH

150

EMOTION[ALLY]-FOCUSED THERAPY (EFT), SCHEMA MODE THERAPY, INTERPERSONAL THERAPY (IPT), DIALECTICAL BEHAVIOURAL THERAPY (DBT) SKILLS, NARRATIVE THERAPY, COGNITIVE BEHAVIOURAL THERAPY (CBT)

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 251-8244 | **E:** derekcassidy.msw@gmail.com

W: [psychologytoday.com/profile/814570](https://www.psychologytoday.com/profile/814570)

OFFER CLINICAL SUPERVISION: NO



DAVID W. ROUTLEDGE, MSW, RSW HE/HIM

TRAINING & APPROACH

140

VOICE DIALOGUE, ATTACHMENT, CBT, SOLUTION FOCUSED, PSYCHODYNAMIC, SOLUTION FOCUSED

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 944-1291 | **E:** droutledge@rogers.com

W:

OFFER CLINICAL SUPERVISION: YES



DEAN DAVIS, DTATI, RP (QUALIFYING) THEY/THEM

TRAINING & APPROACH

100-150

ART THERAPY FROM A CLIENT-CENTRED AND INTERSECTIONAL PERSPECTIVE.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** deandavis.art@gmail.com

W: [deandavistherapy.com](https://www.deandavistherapy.com) | Instagram: @queerart.therapy | [psychologytoday.com/ca/therapists/dean-davis-toronto-on/843197](https://www.psychologytoday.com/ca/therapists/dean-davis-toronto-on/843197)

OFFER CLINICAL SUPERVISION: NO



DEBORAH PHOENIX, RP SHE/HER

TRAINING & APPROACH

130 + HST IND 175 + HST REL

TRAUMA AND ATTACHMENT INFORMED EFT, IFS, RELATIONAL, INTERSECTIONAL FEMINIST, SYSTEMIC, QUEER/POLY/KINK AFFIRMING, BODY POSITIVE, ARAO

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 235-6092 | **E:** deborahphoenixcounselling@gmail.com

W: [psychologytoday.com/ca/therapists/deborah-phoenix-toronto-on/481793](https://www.psychologytoday.com/ca/therapists/deborah-phoenix-toronto-on/481793)

OFFER CLINICAL SUPERVISION: NO



DEREK STRACHAN, MDIV, RP HE/HIM

TRAINING & APPROACH

120+HST

RELATIONAL, PSYCHODYNAMIC, TRAUMA-INFORMED

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 708-6787 | **E:** derekstrachan.rp@gmail.com

W: derekstrachan.com

OFFER CLINICAL SUPERVISION: NO



DIANE CASSIDY, RN, MA, RP *SHE/HER*

TRAINING & APPROACH 150

IFS, CBT, CLIENT CENTRED, QUEER, KINKY, POLY, SEX THERAPY, FEMINIST, COUPLES THERAPY, SPIRITUAL HEALING, HEALTH CARE ISSUES, GRIEF

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (905) 439-2361 | **E:** psychotherapywithdiane@gmail.com

W: psychotherpaywithdianecassidy.com



OFFER CLINICAL SUPERVISION: YES

DON EDWARDS, PhD, RP *HE/HIM*

TRAINING & APPROACH 140

EMDR, IFS, TRAUMA, GESTALT, EXISTENTIAL, CBT, PACT (COUPLES), SUPERVISION, EMDR CONSULTATION, VOCATIONAL COUNSELING

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 735-0103 | **E:** don@allofyou.ca

W: allofyou.ca



OFFER CLINICAL SUPERVISION: YES

ELLEN FOWLER, RP (Q) *SHE/HER*

TRAINING & APPROACH 150 + HST

RELATIONAL, ATTACHMENT, TRAUMA-INFORMED, BODY POSITIVE/FAT LIBERATION

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** ellenfowlertherapy@icloud.com

W: psychologytoday.com/profile/863165



OFFER CLINICAL SUPERVISION: NO

ENIO CHIOLA, MA SOCIOLOGY *HE/HIM*

TRAINING & APPROACH 120 (SLIDING SCALE AVAILABLE)

RELATIONAL, MUSIC THERAPY, EXPRESSIVE THERAPY, SOMATIC, AND GESTALT.

I'M CURRENTLY A STUDENT THERAPIST TRAINING AT THE TORONTO INSTITUTE FOR RELATIONAL PSYCHOTHERAPY.

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** enio.chiola@me.com

W: eniochiolatherapy.net



OFFER CLINICAL SUPERVISION: NO

DILLON KATRYCZ, REGISTERED PSYCHOTHERAPIST (QUALIFYING)

HE/THEY

TRAINING & APPROACH 110 + HST = 124.30

RELATIONAL, CLIENT-CENTRED, ANTI-OPPRESSIVE, ATTACHMENT, SELF-PSYCHOLOGY, HARM REDUCTION

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** dillon@talkwithdillon.ca

W: talkwithdillon.ca



OFFER CLINICAL SUPERVISION: NO

ELIZABETH MENS, RN PSYCHOTHERAPIST *SHE/THEY*

TRAINING & APPROACH 130-150/HR

RELATIONAL-CULTURAL THERAPY, INTEGRATIVE SOMATIC TRAUMA THERAPY, BIRTH & REPRODUCTIVE TRAUMA, CANADIAN PERINATAL MENTAL HEALTH CERTIFICATE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** beth@transformbirth.ca

W: transformbirth.ca/



OFFER CLINICAL SUPERVISION: NO

EMILY SPRINGGAY, RP (QUALIFYING), MEd, EXAT *SHE/HER*

TRAINING & APPROACH 120

RELATIONAL, EXPRESSIVE ARTS THERAPY

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 859-1624 | **E:** emily@emilyspringgay.com

W: emilyspringgay.com



OFFER CLINICAL SUPERVISION: NO

ENRIQUE GARCIA, RP *HE/HIM*

TRAINING & APPROACH 150 - 200

PERSON-CENTRED, GESTALT, TRANSACTIONAL ANALYSIS, EXISTENTIAL, RELATIONAL

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** SPANISH, CATALAN

T: (437) 345-7486 | **E:** contact@enriquegarciacounselling.com

W: enriquegarciacounselling.com



OFFER CLINICAL SUPERVISION: YES

EOWYN JORDISON, M.Ed. RP *SHE/HER*

TRAINING & APPROACH 160

PSYCHODYNAMIC, RELATIONAL, PSYCHOANALYTIC, TRAUMA FOCUSED

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (647) 930-2257 | **E:** eowyn.jordison@gmail.com

W: <https://www.psychologytoday.com/ca/therapists/eowyn-jordison-toronto-on/733317>



OFFER CLINICAL SUPERVISION: NO

ERIN CALLAGHAN, RP *SHE/HER*

TRAINING & APPROACH 130+HST

GESTALT, TIST, EMDR, IFS-INFORMED, AOP, TRAUMA FOCUSED, POLYAM/KINK AFFIRMING, RELATIONAL

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** ecallaghan@gestaltmail.ca

W: [psychologytoday.com/ca/therapists/erin-callaghan-toronto-on/720609](https://www.psychologytoday.com/ca/therapists/erin-callaghan-toronto-on/720609)



OFFER CLINICAL SUPERVISION: NO

EZRA CAKE, RP, BA, *THEY/THEM*

TRAINING & APPROACH 170

DIP - GESTALT INSTITUTE OF TORONTO SENSORIMOTOR PSYCHOTHERAPY, GESTALT, SEX THERAPY, EFT, MINDFULNESS, TRAUMA INFORMED, ANTI-O, POLY & KINK INFORMED, TRANS & GENDER DIVERSE INFORMED, SEX & SEX WORKER POS

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 992-2253 | **E:** ez@ezracake.com

W: ezracake.com



OFFER CLINICAL SUPERVISION: NO

FINN MACLEOD, MSW, RSW *THEY/THEM*

TRAINING & APPROACH 120-150

NARRATIVE, RELATIONAL, SOMATIC, TRAUMA-INFORMED, ANTI-OPPRESSIVE, HARM REDUCTION

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (437) 350-5596 | **E:** finnmacleodtherapy@gmail.com

W: [psychologytoday.com/ca/therapists/finn-macleod-toronto-on/941167](https://www.psychologytoday.com/ca/therapists/finn-macleod-toronto-on/941167)



OFFER CLINICAL SUPERVISION: NO

EREN DERAN, BSW, MSW, RSW *HE/HIM*

TRAINING & APPROACH 150-205

DBT, CBT AND SOLUTION FOCUSED THERAPY.

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** TURKISH

T: (647) 568-2161 | **E:** info@erenderan.com

W: erenderan.com



OFFER CLINICAL SUPERVISION: NO

ERIN ORSZTYNOVA, RP *SHE/HER*

TRAINING & APPROACH 120-140

RELATIONAL, PSYCHODYNAMIC, PSYCHOANALYTIC, TRAUMA-INFORMED

SERVICE: **OTHER LANGUAGES:** N/A

T: N/A | **E:** erinnovatherapy@gmail.com

W: erinnovatherapy.com

OFFER CLINICAL SUPERVISION: NO



FATIMA SALEEM, RP(Q) *SHE/HER*

TRAINING & APPROACH 140

MINDFULNESS, CLIENT-CENTERED, EMOTION-FOCUSED, ACCEPTANCE AND COMMITMENT THERAPY, TRAUMA-PROCESSING THROUGH PARTS WORK, INTERNAL FAMILY SYSTEMS, NEURODIVERGENCE-FOCUSED

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 768-7303 | **E:** Fatima@fatimasaleemtherapy.ca

W: [psychologytoday.com/ca/therapists/fatima-saleem-toronto-on/1072184](https://www.psychologytoday.com/ca/therapists/fatima-saleem-toronto-on/1072184)



OFFER CLINICAL SUPERVISION: NO

FOROUZ SALARI, MA, MSW, RSW *SHE/HER*

TRAINING & APPROACH 150-180

MINDFULNESS, SEX THERAPY, SOMATIC ATTACHMENT THERAPY, IFS, NARRATIVE, AOP, TRAUMA-INFORMED, HARM-REDUCTION BASED, RELATIONAL, SOLUTION-FOCUSED

SERVICE: VIRTUAL **OTHER LANGUAGES:** FARSI

T: N/A | **E:** info@forouzsalaritherapy.ca

W: forouzsalaritherapy.ca



OFFER CLINICAL SUPERVISION: YES

GAVREL FELDMAN, MEd, RP *THEY/THEM*

TRAINING & APPROACH 130

RELATIONAL, IFS, DBT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** info@gavrelfeldman.ca

W: gavrelfeldman.ca



OFFER CLINICAL SUPERVISION: NO

GRAIG MORIARTY, RP, GIT, UofTOR. *HE/HIM*

TRAINING & APPROACH 125. - 160.

GESTALT/RELATIONAL, SOMATIC-BODYWORK, TRAUMA (ADOPTION, DEVELOPMENTAL), NON-DUAL SOMATIC INQUIRY.

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416)-966-5100 | **E:** gm@graigmoriarty.com

W: graigmoriarty.ca



OFFER CLINICAL SUPERVISION: YES

HAJNALKA FISZTER, MA, MEd, S-CCCP *SHE/HER*

TRAINING & APPROACH 130

INTEGRATIVE, TRAUMA INFORMED, PSYCHODYNAMICS, IFS INFORMED, ANTI-OPPRESSIVE, POLY AND KINK POSITIVE, TRANS AND GENDER DIVERSE INFORMED.

SERVICE: VIRTUAL **OTHER LANGUAGES:** SPANISH, HUNGARIAN

T: N/A | **E:** hfiszter@gmail.com



OFFER CLINICAL SUPERVISION: YES

HEATH MCGUIRE, MSW RSW *THEY/THEM*

TRAINING & APPROACH 150 INDIV, 200 FAMILIES

ATTACHMENT BASED FAMILY THERAPY, RELATIONAL, NARRATIVE EXPRESSIVE ARTS AND PLAY, EMDR
TRAUMA ASSESSMENT AND TREATMENT

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** givingspacehealingco@gmail.com

W: healingcollective.ca/collective-members/heath-mcguire/



OFFER CLINICAL SUPERVISION: NO

GISELLE GOS, RP *THEY/THEM*

TRAINING & APPROACH 150

RELATIONAL, PSYCHODYNAMIC, SOMATIC, NEURODIVERSITY AFFIRMING, ANTI-OPPRESSIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** giselle@gisellegostherapy.com

W: gisellegostherapy.com ;



OFFER CLINICAL SUPERVISION: NO

GREG MENDELSON, Psy.D *HE/HIM*

TRAINING & APPROACH 190-225

INTEGRATIVE, NARRATIVE, CBT, PSYCHODYNAMIC, EXISTENTIAL/HUMANISTIC, RELATIONAL

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** info@drgregmendelson.com

W: drgregmendelson.com



OFFER CLINICAL SUPERVISION: YES

HALEY MOORE, BSW, MSW, RSW *SHE/HER*

TRAINING & APPROACH 175 INDIV, 200 COUPLES, 150 SUPERVISION

CBT, DBT, MI, ACT, SOMATIC PROCESSING, MINDFULNESS THERAPY, INTERNAL FAMILY SYSTEMS, EFT, STRENGTHS BASED THERAPY, SOLUTION FOCUSED THERAPY, NARRATIVE THERAPY, SCHEMA THERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (289) 205-2522 | **E:** haley@therapywithhaley.ca

W: www.therapywithhaley.ca



OFFER CLINICAL SUPERVISION: YES

HEATHER GOODWIN, RP *SHE/HER*

TRAINING & APPROACH 150 +HST

INTERNAL FAMILY SYSTEMS, ART-BASED THERAPIES, ANTI-OPPRESSIVE, POLY & KINK INFORMED, TRANS & GENDER DIVERSE INFORMED, SEX & SEX WORKER POSITIVE

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** heather@heathergoodwin.net

W: heathergoodwin.net



OFFER CLINICAL SUPERVISION: NO

HEIDI (KIRAN) MEHTA, MSW, RSW *SHE/HER*

TRAINING & APPROACH 130-170

NARRATIVE, CBT, DBT, ACT, TF-CBT, CPT, SENSORIMOTOR PSYCHOTHERAPY, MINDFULNESS, YOGA, YOGA FOR TRAUMA, MOTIVATIONAL INTERVIEWING, SOLUTION-FOCUSED, STRENGTHS BASED, RESILIENCE, ANTI-OPPRESSION, ANTI-RACISM, FEMINIST

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 503-0456 | **E:** heidi.mehta@therapysecure.com

W: heidimehta.wixsite.com/counsellor



OFFER CLINICAL SUPERVISION: NO

HELEN CHIANG, MED., MA, RP (QUALIFYING) *SHE/HER*

TRAINING & APPROACH 150-263

CBT, EFT, MINDFULNESS, SCHEMA THERAPY, PARTS WORK, TRAUMA INFORMED, ANTI-OPPRESSIVE. INDIVIDUAL THERAPY.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 986-9229 | **E:** info@helenchiangtherapy.com

W: helenchiangtherapy.com



OFFER CLINICAL SUPERVISION: NO

HOPE M PELUFO BALLETA, RP, CCC, M.Sc., DIPGIT *THEY/THEM*

TRAINING & APPROACH INDIV 160 + HST AND FAMILIES/COUPLES 200 +HST

RELATIONAL GESTALT, IFS AND FAMILY CONSTELLATIONS

-DIPLOMA IN CLINICAL SEXOLOGY

-NEURODIVERSITY-AFFIRMING AND ANTI-OPPRESSIVE FRAMEWORK

-TRAINED TO SUPPORT PERSONS CONSIDERING OR IN TRANSITION

SERVICE: IN PERSON & VIRTUAL **LANGUAGES:** FRENCH, ITALIAN, SPANISH

T: (647) 655-1909 | **E:** hope@oddssockstherapy.com

W: www.tinyurl.com/hopeppt



OFFER CLINICAL SUPERVISION: YES

IRYNA DUTKO, RP, RSW *THEY/THEM*

TRAINING & APPROACH 155

RELATIONAL, MINDFULNESS-BASED, EMBODIED/SOMATIC, HOLISTIC, TRAUMA-INFORMED, ANTI-OPPRESSIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 691-5220 | **E:** iryna@tenderhearttoronto.ca

W: tenderhearttoronto.ca



OFFER CLINICAL SUPERVISION: YES

HEIDI CHO, MSW, RSW *SHE/HER*

TRAINING & APPROACH 150

BIPOC, TRAUMA-INFORMED, ATTACHMENT/RELATIONAL, PARTS WORK, CBT, DBT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** heidicho.therapy@gmail.com

W: psychologytoday.com/profile/462772



OFFER CLINICAL SUPERVISION: NO

HERSHEL RUSSELL, RETIRED

TRAINING & APPROACH

PSYCHODYNAMIC, TRAUMA-INFORMED, ANTI-OPPRESSIVE, NARRATIVE, MINDFULNESS, PSYCHODRAMA

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 524-0467 | **E:** hersheltoronto@gmail.com

W: hersheltoronto.ca



OFFER CLINICAL SUPERVISION: YES

IMOGEN TAM, MSW *SHE/THEY*

TRAINING & APPROACH 150 (SLIDING SCALE AVAIL)

COGNITIVE BEHAVIOURAL THERAPY (CBT), ACCEPTANCE AND COMMITMENT THERAPY (ACT) AND NARRATIVE THERAPY.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (437) 800-2285 | **E:** imogen.kizuki@gmail.com

W: psychologytoday.com/ca/therapists/imogen-tam-toronto-on/1072211



OFFER CLINICAL SUPERVISION: NO

IVANA KOLAKOVIC, RP, MA, SEP *SHE/HER*

TRAINING & APPROACH 165

GESTALT, SOMATIC EXPERIENCING, SEX THERAPY, EMBODIED DREAMWORK

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: | **E:** ivana@ivanatherapy.com

W: ivanapsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

IZZY MACKENZIE LAY, MEd, RP *SHE/HER*

TRAINING & APPROACH 100-130

RELATIONAL GESTALT, SOMATIC, PSYCHODYNAMIC, CREATIVE, TRAUMA-INFORMED

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 707-0161 | **E:** izzypsychotherapy@gmail.com

W: izzypsychotherapy.com

OFFER CLINICAL SUPERVISION: NO



JAI COLBORNE, MSW, RSW, CTP DIPL *SHE/THEY*

TRAINING & APPROACH 100-130

PSYCHODYNAMIC, RELATIONAL, INTERSUBJECTIVE, OBJECT RELATIONS, ATTACHMENT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** jecolborne@gmail.com

W: torontopsychotherapygroup.com/therapists/jen-colborne-registered-social-worker/

OFFER CLINICAL SUPERVISION: NO



JAMES BROWN, BA, MPS, DIP-GIT, RP *HE/HIM*

TRAINING & APPROACH 150-200

LGBTQ2S+, RELATIONAL EMBODIED GESTALT, ACT, SPIRITUALLY INTEGRATED, NEURODIVERGENCE (ASD, ADHD), GENDER IDENTITY & EXPRESSION

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 697-1638 | **E:** jamesbrowntherapy@gmail.com

W: psychologytoday.com/ca/therapists/james-brown-toronto-on/419427

OFFER CLINICAL SUPERVISION: NO



JARED KOVACS, RP (QUALIFYING) *HE/HIM*

TRAINING & APPROACH 110-135

EMOTION FOCUSED, NARRATIVE, CBT/DBT, INTEGRATIVE SOMATIC THERAPY

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (289) 385-0690 | **E:** jaredkovacs@gmail.com

W: jaredkovacstherapy.com

OFFER CLINICAL SUPERVISION: NO



JACKIE GRANDY, MSW, RSW *SHE/HER*

TRAINING & APPROACH 120-150

ATTACHMENT, CBT, DDP, DBT, TRAUMA-INFORMED, ANTI-OPPRESSION, MINDFULNESS, PSYCHODYNAMIC, RELATIONAL, FAMILY SYSTEMS

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 828-6683 | **E:** jackiegrandy@gmail.com

W: psychologytoday.com/ca/therapists/jackie-grandy-etobicoke-on/751672

OFFER CLINICAL SUPERVISION: NO



JAKE STARRATT-FARR, MSW, RSW *HE/THEY*

TRAINING & APPROACH 150

NARRATIVE, SOLUTION FOCUSED, TRAUMA-INFORMED, CBT, GENDER AND SEXUALITY, NEURODIVERGENCE APPROACHES, INNER CHILD, SECONDARY ASSESSMENTS FOR GENDER AFFIRMING SURGERY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 678-2340 | **E:** jakefarr@authenticselfcs.com

W: authenticselfcs.com

OFFER CLINICAL SUPERVISION: YES



JAMIE DOERKSEN, PRE-LICENSED PROFESSIONAL, BA *THEY/THEM*

TRAINING & APPROACH 120/SESSION, SLIDING SCALE:

80-120

GESTALT, RELATIONAL, HUMANISTIC, TRAUMA-INFORMED

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: | **E:** jamie.t.doerksen@gmail.com

W: https://www.psychologytoday.com/ca/therapists/jamie-doerksen-toronto-on/1163312

OFFER CLINICAL SUPERVISION: NO



JASPER BRYAN, EXAT *HE/THEY*

TRAINING & APPROACH 120/HOUR, SLIDING SCALE 60-100

EXPRESSIVE ARTS THERAPY, NARRATIVE THERAPY PRACTICES, MINDFULNESS, EMBODIMENT/SOMATIC, PEER SUPPORT, SPIRITUAL CARE (NON-DENOMINATIONAL/INTERFAITH)

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 226-7625 | **E:** Jasper@queerarttherapy.com

W: Queerarttherapy.com / instagram @queerarttherapy

OFFER CLINICAL SUPERVISION: NO



JAY JONAH, MSW, RSW *HE/HIM*

TRAINING & APPROACH 135-160

FOCUS: TRANS, QUEER, 2SILGBTQ.
INTEGRATIVE, GENDER IDENTITY AND EXPRESSION, ANTI-OPPRESSIVE PRACTICE,
STRENGTH-BASED, SOLUTION-FOCUSED, RELATIONAL, MINDFULNESS, ACT.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 492-1512 | **E:** Jayjonah.therapy@gmail.com

W: psychologytoday.com/ca/therapists/jay-jonah-toronto-on/489998



OFFER CLINICAL SUPERVISION: NO

JAYNE BROWN, RP *SHE/HER*

TRAINING & APPROACH 120-140

RELATIONAL, COMPASSION-FOCUSED, MINDFULNESS-BASED, TRAUMA-INFORMED

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** jayneloubrown@gmail.com

W: jaynebrown.ca



OFFER CLINICAL SUPERVISION: NO

JENN SEELEY, RP *THEY/THEM*

TRAINING & APPROACH 150-165

RELATIONAL, NARRATIVE, INTERNAL FAMILY SYSTEMS, EXPRESSIVE ARTS THERAPY, KINK/SEXWORK/POLYA POSITIVE, NEURODIVERSITY AFFIRMING, INTERSECTIONAL

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 931-7469 | **E:** jenn@jennseeley.com

W: jennseeley.com



OFFER CLINICAL SUPERVISION: NO

JENNIFER HENDERSON, BSW, MSW *THEY/SHE*

TRAINING & APPROACH 150

TRAUMA-INFORMED, AOP, RELATIONAL, DBT, NARRATIVE, EMDR, SEX+, KINK+, NON-MONOGAMY+, SEX WORK +, NON-MONOGAMY+, SEX WORK+, NON-BINARY AND TRANS AFFIRMING

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 804-6668 | **E:** jenniferhenderson.therapy@gmail.com

W: healingcollective.ca/collective-members/jennifer-henderson/



OFFER CLINICAL SUPERVISION: NO

JAY SMITH, MEd, RP (QUALIFYING) *THEY/THEM*

TRAINING & APPROACH 100

PERSON-CENTERED, RELATIONAL, ANTI-OPPRESSIVE, GENDER EXPLORATION

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (800) 606-5718 | **E:** jaysmiththerapy@gmail.com

W: psychologytoday.com/ca/therapists/jay-smith-toronto-on/874553



OFFER CLINICAL SUPERVISION: NO

JEN HORAK, RP *THEY/THEM*

TRAINING & APPROACH 175-275

RELATIONAL, SENSORIMOTOR, ANTI-OPPRESSIVE, TRAUMA-INFORMED

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** hello@jenhorak.com

W: jenhorak.com



OFFER CLINICAL SUPERVISION: NO

JENNIFER FUKUSHIMA, REGISTERED PSYCHOTHERAPIST *SHE/THEY*

TRAINING & APPROACH 125

PSYCHODYNAMIC, RELATIONAL, SOMATIC, SPIRITUALLY INTEGRATED, DIALECTICAL BEHAVIOUR THERAPY (DBT), FEMINIST, MINDFULNESS, ASTROLOGICAL THERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:**

T: | **E:** jennifer.fukushima@protonmail.com

W: https://therapy.jenniferfukushima.com



OFFER CLINICAL SUPERVISION: NO

JENNY S. CHENG, MA, RP *SHE/HER*

TRAINING & APPROACH 300-350

I HELP IMMIGRANTS OF COLOUR GROW AUTHENTIC RELATIONSHIPS TO SELF AND OTHERS. EMOTION FOCUSED, FEMINIST, AND TRAUMA-INFORMED APPROACH.

SERVICE: VIRTUAL **OTHER LANGUAGES:** MANDARIN

T: (647) 974-2083 | **E:** jennyscheng@hushmail.com

W: jennyscheng.ca



OFFER CLINICAL SUPERVISION: NO

JEREMY TOMLINSON, M.Ed., RMFT, RSW *HE/HIM*

TRAINING & APPROACH 180

EMDR, NARRATIVE, FAMILY SYSTEMS

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 486-2161 | **E:** jeremy@alternativehorizon.com

W: alternativehorizon.com



OFFER CLINICAL SUPERVISION: NO

JESSICA HOUGHTON, MA, RP *SHE/HER*

TRAINING & APPROACH 120

DANCE MOVEMENT PSYCHOTHERAPY, IFS, RELATIONAL, ATTACHMENT AND TRAUMA INFORMED, SOMATIC

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** movingtogetherdmp@gmail.com

W: moving-together.ca



OFFER CLINICAL SUPERVISION: NO

JOEL MOYER, MSW, RSW *THEY/THEM*

TRAINING & APPROACH 150+ SLIDING SCALE

IFS, DBT, CBT, ACT, INTEGRATIVE, RELATIONAL, NEURODIVERSITY-AFFIRMING, CLIENT-CENTERED, ANTI-OPPRESSIVE, HARM REDUCTION, TRAUMA-INFORMED, 2SLGBTQ+ INDIVIDUALS (16+)

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** joelmoyertherapy@gmail.com

W: psychologytoday.com/ca/therapists/joel-moyer-toronto-on/974326



OFFER CLINICAL SUPERVISION: NO

JOHN NGUYEN, MSc, OCCUPATIONAL THERAPIST *HE/HIM*

TRAINING & APPROACH 150

CBT, DBT, MINDFULNESS CT, MBSR

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 370-8428 | **E:** Johnnguyentherapy@gmail.com

W: johnnguyentherapy.com



OFFER CLINICAL SUPERVISION: YES

JESSE LAWTHOR, MPS, RP (QUALIFYING) *SHE/THEY*

TRAINING & APPROACH 120-160

RELATIONAL, TRAUMA-INFORMED, NARRATIVE, IFS, EFT, ACT, SPIRITUAL AND RELIGIOUS TRAUMA. SEX AND KINK POSITIVE, PRO-BODY AUTONOMY, NEURODIVERGENT AFFIRMING

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** jesselawther@gmail.com

W: psychologytoday.com/ca/therapists/jesse-lawther-toronto-on/1095569



OFFER CLINICAL SUPERVISION: NO

JODY CHAN, RP (QUALIFYING) *THEY/THEM*

TRAINING & APPROACH 110

RELATIONAL, ATTACHMENT AND TRAUMA-INFORMED, PARTS WORK, BRAINSPOTTING, SOMATIC, ANTI-OPPRESSIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** therapy@jodychan.com

W: psychologytoday.com/ca/therapists/jody-chan-toronto-on/709451



OFFER CLINICAL SUPERVISION: NO

JOEL ROUTLIFF, BA, DIPL-GESTALT INSTITUTE OF TORONTO, RP (QUALIFYING) *HE/HIM*

TRAINING & APPROACH 150

RELATIONAL GESTALT, SOMATIC, CREATIVE, TRAUMA-INFORMED, ANTI-OPPRESSIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 456-1032 | **E:** joel@inthenowtherapy.com

W:



OFFER CLINICAL SUPERVISION: NO

JOSE LUIS LOPEZ VARGAS, RP *HE/HIM*

TRAINING & APPROACH 120

RELATIONAL, HUMANISTIC, GESTALT, MINDFULNESS, SOMATIC

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 821-9032 | **E:** consciouscontactinfo@gmail.com

W: consciouscontact.info



OFFER CLINICAL SUPERVISION: YES

JOSHUA LEWIS, RP, CT *HE/THEY*

TRAINING & APPROACH 120+HST FOR INDIV (50MIN); 160+HST COUPLES (60MIN)

BFA, OPC DIPL. PSYCH.
PSYCHODYNAMIC PSYCHOTHERAPY AND COUNSELING, RELATIONAL/
INTERPERSONAL, CONTEMPLATIVE PSYCHOTHERAPY: MINDFULNESS AND
COMPASSIONATE-BASED APPROACHES, SOMATIC APPROACHES

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** joshuaclewis@protonmail.com

W: oab.owlpractice.ca/joshualewis/booking



OFFER CLINICAL SUPERVISION: NO

JUDE JOHNSTON, MSW, RSW, BSW, BFA. *SHE/HER*

TRAINING & APPROACH 100. - 140.

PSYCHODYNAMIC, TRAUMA, MINDFULNESS, NARRATIVE, EFT (EMOTIONALLY
FOCUSED THERAPY, IN PROCESS), ADDICTION, ATTACHMENT, RELATIONAL,
EXISTENTIAL, CBT, ACT, CREATIVITY, LGBTQ2S, SEXUALITY. HIV, OTHER,
PERSON-IN-CONTEXT.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 921-8629 | **E:** judejohnston143@gmail.com



OFFER CLINICAL SUPERVISION: NO

KALEIGH TRACE, RP *SHE/HER*

TRAINING & APPROACH 100-170

EFT, NARRATIVE THERAPY,

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: 647-729-8981 EXT 700 | **E:** kaleigh.trace.therapy@gmail.com

W: kaleightrace.com



OFFER CLINICAL SUPERVISION: NO

KAREEM ELAWAR, RP *THEY/THEM*

TRAINING & APPROACH 80-125

TRANS/NON-BINARY, PSYCHODYNAMIC, TRAUMA-INFORMED,
SOMATIC, RELATIONAL

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 930-8480 | **E:** elawar.km@gmail.com

W: kareemelawar.weebly.com



OFFER CLINICAL SUPERVISION: NO

JOSHUA PARENT, REGISTERED PSYCHOTHERAPIST, M.ED *HE/HIM*

TRAINING & APPROACH 150

PSYCHODYNAMIC PSYCHOTHERAPY; NARRATIVE PSYCHOTHERAPY;
EMDR; DBT; CBT

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (519) 450-8027 | **E:** joshua.parent94@gmail.com

W: <https://www.psychologytoday.com/ca/therapists/joshua-parent-psychotherapy-windsor-on/1101127>



OFFER CLINICAL SUPERVISION: NO

JULIE GUTERRES, BSW, MSW, RSW *SHE/HER*

TRAINING & APPROACH 160 PER 50 MINUTE SESSION (INDIVIDUALS) 190 PER 60 MINUTE SESSION (COUPLES/POLYCULES)

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 606-4313 | **E:** pathwaystohealing.info@gmail.com

W: pathwaystohealingtherapy.com/



OFFER CLINICAL SUPERVISION: NO

KALI MARSH, M.ED, RP *SHE/THEY*

TRAINING & APPROACH 180 (INCL HST)/ 60 MIN

-DBT SKILLS, ACCEPTANCE AND COMMITMENT THERAPY
-SOMATIC AND NERVOUS-SYSTEM REGULATION STRATEGIES, MINDFULNESS
-WELLNESS PLANNING, SKILLS TEACHING (MANAGING ANXIETY, EMOTIONS)
-EFT TAPPING/ ENERGY PSYCHOLOGY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 838-0310 | **E:** thrivewithkalitherapy@gmail.com

W: [psychologytoday.com/ca/therapists/kali-marsh-toronto-on/1062461](https://www.psychologytoday.com/ca/therapists/kali-marsh-toronto-on/1062461)



OFFER CLINICAL SUPERVISION: NO

KAREN KUGELMASS, M.ED, MSW, RSW *SHE/THEY*

TRAINING & APPROACH 120

PSYCHODYNAMIC, CBT, ECLECTIC

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 898-9939 | **E:** Karen.kugelmass@gmail.com

W: karenkugelmass.com



OFFER CLINICAL SUPERVISION: NO

KARINE SILVERWOMAN, MSW, RSW *SHE/HER*

TRAINING & APPROACH 120-150
AOP, TRAUMA INFORMED, MINDFULNESS, SOMATICS. CLINICAL CONSULTATION

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** silverwoman.therapy@gmail.com

W: karinesilverwoman.com



OFFER CLINICAL SUPERVISION: YES

KATARINA MAATTA-HEBDON, MSW, RSW *SHE/HER*

TRAINING & APPROACH 100-140
NARRATIVE, TRAUMA-FOCUSED THERAPIES, CBT-BASED AND MINDFULNESS APPROACHES

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 846-2744 | **E:** kmhtherapy@gmail.com

W: kmhtherapy.com



OFFER CLINICAL SUPERVISION: NO

KATE WELSH, MEd *SHE/THEY*

TRAINING & APPROACH 55-120
DISABLED AND QUEER, DISABILITY AFFIRMING COUNSELING, NARRATIVE, SOMATICS, TRAUMA INFORMED, HEALING JUSTICE, KINK AND POLY +, INDIVIDUALS, COUPLES AND FAMILY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 829-2784 | **E:** info@katewelsh.ca

W: katewelsh.ca/counseling



OFFER CLINICAL SUPERVISION: NO

KATHERINE MACKENZIE, RP *THEY/THEM*

TRAINING & APPROACH 150
TRAUMA THERAPY, SOMATIC THERAPY
EXPRESSIVE ARTS THERAPY, PSYCHODYNAMIC THERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (416) 833-3511 | **E:**
katherine@somatictraumatherapyonline.com

W: www.somatictraumatherapyonline.com



OFFER CLINICAL SUPERVISION: NO

KAT SINGER, MSW, RSW *THEY/THEM*

TRAINING & APPROACH 170
NEURODIVERSITY-AFFIRMING, TRAUMA-INFORMED, ANTI-OPPRESSIVE, RELATIONAL, ATTACHMENT-FOCUSED, POLY, SEX, AND KINK-FRIENDLY

SERVICE: VIRTUAL **OTHER LANGUAGES:** RUSSIAN

T: (647) 474-2338 | **E:** drawntoconnect@gmail.com

W:



OFFER CLINICAL SUPERVISION: NO

KATE McDERMOTT, MACP, RP, CCC *SHE/HER*

TRAINING & APPROACH 150 INDIV, 190 COUPLES/FAMILIES
EMOTION FOCUSED FAMILY THERAPY, GOTTMAN METHOD, SATIR TRANSFORMATIONAL SYSTEMIC THERAPY, NARRATIVE THERAPY, COGNITIVE BEHAVIOURAL THERAPY, SOLUTION FOCUSED THERAPY. I WORK FROM A CLIENT-FOCUSED, TRAUMA INFORMED, EMOTION FOCUSED, RELATIONAL, INTERSECTIONAL FEMINIST AND SYSTEMIC LENS.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** mcdermott.counselling@gmail.com

W: psychologytoday.com/profile/1167533



KATHARINE KING, MA, RP *SHE/HER*

TRAINING & APPROACH 145-185 (INCL HST)
RELATIONAL, PSYCHODYNAMIC, CBT, CBT-I, MBCT, COUPLES, SUPERVISION

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 700-8610 | **E:** kthrinking@gmail.com

W: kingpsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

KATHERINE MARTIN, MSW, RSW *SHE/HER*

TRAINING & APPROACH 170-210
COUPLES AND RELATIONSHIP THERAPY. EMOTIONALLY FOCUSED, ATTACHMENT BASED, NARRATIVE, SOLUTION FOCUSED, SEX POSITIVE, TRAUMA-INFORMED.

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** katherine@therapywithkatherine.me

W: therapywithkatherine.me/



OFFER CLINICAL SUPERVISION: NO

KATHRYN BARGIS, MSc, RP *SHE/HER*

TRAINING & APPROACH 150 INDIV, 175 COUPLES

TRAUMA-INFORMED, ANTI-OPPRESSIVE, SOMATIC, ATTACHMENT-INFORMED, PARTS WORK, KINK AFFIRMING, SEX POSITIVE, AND EMOTION-FOCUSED THERAPY APPROACHES. AREAS OF FOCUS: RELATIONSHIPS & NON-MONOGRAMY, TRAUMA, NEURODIVERGENCE, GENDER & SEXUALITY.

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: | **E:** kbargispsychotherapy@gmail.com

W: <https://www.umhn.ca/therapist-kathryn-bargis/>



OFFER CLINICAL SUPERVISION: NO

KAVITA JOSHI, STUDENT THERAPIST *THEY/THEM*

TRAINING & APPROACH 65-110

COMPASSIONATE, RELATIONAL THERAPY
TRAINING AT THE TORONTO INSTITUTE OF RELATIONAL PSYCHOTHERAPY

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (647) 504-3737 | **E:** Kavitajoshipsychotherapy@gmail.com

W: <https://www.psychologytoday.com/ca/therapists/kavitatoronto-on/1191946>



OFFER CLINICAL SUPERVISION: NO

KEN KING, BSW, MSW, RSW *HE/HIM*

TRAINING & APPROACH 75-120

EFT, CBT, CPT, DBT, ATTACHMENT-CENTRED, MINDFULNESS

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 575-8074 | **E:** kencmking@rogers.com

W:



OFFER CLINICAL SUPERVISION: NO

KIARMIN LARI, MSW, RSW *HE/THEY*

TRAINING & APPROACH 140

ANTI-OPPRESSIVE, EFT, CBT, EATING DISORDERS, SOME INTEGRATION OF NARRATIVE THERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:** FARSI

T: | **E:** kiarmin.counselling@gmail.com

W: [psychologytoday.com/ca/therapists/kiarmin-lari-toronto-on/1133195](https://www.psychologytoday.com/ca/therapists/kiarmin-lari-toronto-on/1133195)



OFFER CLINICAL SUPERVISION: YES

KAUSHIKI RAO, MA, STUDENT THERAPIST (TIRP) *SHE/HER*

TRAINING & APPROACH

RELATIONAL, SOMATIC, INTERSECTIONAL

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** KANNADA, TAMIL

T: N/A | **E:** kaushiki.rao@gmail.com

W: [psychologytoday.com/ca/therapists/kaushiki-rao-toronto-on/1117861](https://www.psychologytoday.com/ca/therapists/kaushiki-rao-toronto-on/1117861)



OFFER CLINICAL SUPERVISION: YES

KELI BELLAIRE, RP (QUALIFYING) *SHE/HER*

TRAINING & APPROACH 125/50 MIN(HST INCL)

PSYCHODYNAMIC PSYCHOTHERAPY, TRAUMA-INFORMED THERAPIES (INCLUDING TIST), AND IN SOMATIC THERAPIES (WORKING WITH THE BRAIN, NERVOUS SYSTEM, AND BODY). INTERSECTIONAL FEMINIST LENS, WITH A CLIENT-LED & INTEGRATIVE APPROACH

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 456-7456 | **E:** kelibellaire.therapy@gmail.com

W: [kelibellaire.com](https://www.kelibellaire.com)



OFFER CLINICAL SUPERVISION: NO

KEVIN SINGH, MSW, RSW *HE/HIM*

TRAINING & APPROACH 180

CBT, MINDFULNESS, NARRATIVE, ATTACHMENT, ANTI-OPPRESSION, EFT, TRAUMA INFORMED, RELATIONSHIP & SEX THERAPIST. SOLUTION FOCUSED, SEX POSITIVE, ETC.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** idesire@alifeofpleasure.org

W: [relationshipandsexsolutions.com/](https://www.relationshipandsexsolutions.com/)



OFFER CLINICAL SUPERVISION: NO

KIRSTEN JOHNSON, RP, BSc., DipTIRP *SHE/HER*

TRAINING & APPROACH 160-220

RELATIONAL, EFT

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:**

T: | **E:** kirsten@beyondthebluetherapy.com

W: www.beyondthebluetherapy.com



OFFER CLINICAL SUPERVISION: NO

LAURA TURNBULL, MC, CPsYCH *SHE/HER*

TRAINING & APPROACH 220

INTEGRATIVE, SOMATIC, ANTI-OPPRESSIVE, EMDR.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 463-2765 | **E:** info@lauraturnbullpsychology.com

W: lauraturnbullpsychology.com



OFFER CLINICAL SUPERVISION: YES

LEE EAMES, THERAPIST IN TRAINING *HE/HIM*

TRAINING & APPROACH 80-120

GESTALT

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (917) 385-8242 | **E:** leames@gestaltmail.ca

W: psychologytoday.com/ca/therapists/lee-eames-toronto-on/1157257



OFFER CLINICAL SUPERVISION: NO

LIAM SKINNER, RP *HE/THEY*

TRAINING & APPROACH 120-165

AOP, TRAUMA AND DISSOCIATION SPECIFIC, IFS, SENSORIMOTOR, EFFT, ATTACHMENT BASED FAMILY THERAPY, INTERGRATIVE, POLYVAGAL INFORMED

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 638-9307 | **E:** liamskinner@gmail.com

W: Liamskinner.ca



OFFER CLINICAL SUPERVISION: NO

LINDSAY BEATTIE, THERAPIST-IN-TRAINING (TIRP) *SHE/THEY*

TRAINING & APPROACH 70-110

RELATIONAL, HARM REDUCTION, AOP, TRAUMA-INFORMED, SEX POSTIVE.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** hello@lindsaybeattietherapy.com

W: psychologytoday.com/ca/therapists/lindsay-beattie-toronto-on/838999



OFFER CLINICAL SUPERVISION: NO

LEAH KEATING, PH.D., C.PsYCH. *SHE/HER*

TRAINING & APPROACH 225

PSYCHODYNAMIC THERAPY, INTERNAL FAMILY SYSTEMS THERAPY, ATTACHMENT-INFORMED, COGNITIVE-BEHAVIOURAL THERAPY, ACCEPTANCE AND COMMITMENT THERAPY, DIALECTICAL BEHAVIOUR THERAPY, EMOTION-FOCUSED THERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 493-4282 | **E:** leah@leahkeating.com

W: spacewithinspsychologyclinic.com/



OFFER CLINICAL SUPERVISION: YES

LESLIE KIRSH, RP, MEd *SHE/HER*

TRAINING & APPROACH 150-180

ATTACHMENT BASED FAMILY THERAPY, ANTI-RACIST/ANTI-OPPRESSIVE, TRAUMA-INFORMED, ACCEPTANCE AND COMMITMENT THERAPY, EMOTION FOCUSED THERAPY

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 553-6759 | **E:** lesliekirsh.psychotherapy@gmail.com

W: psychologytoday.com/ca/therapists/leslie-kirsh-toronto-on/1062206



OFFER CLINICAL SUPERVISION: NO

LINDSAY BARTON, RP, FIPA *SHE/HER*

TRAINING & APPROACH 130-160

PSYCHODYNAMIC, PSYCHOANALYTIC, INFANT MENTAL HEALTH SPECIALIST

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (416) 995-7919 | **E:** bartonlindsay1@gmail.com

W: https://www.psychologytoday.com/ca/therapists/lindsay-barton-toronto-on/408713



OFFER CLINICAL SUPERVISION: YES

LINDSAY ELIN, MSW, RSW *SHE/HER*

TRAINING & APPROACH 190+

SENSORIMOTOR PSYCHOTHERAPY (CERTIFICATION IN PROCESS), BRAINSPOTTING (CERTIFIED), TIST (CERTIFIED), SSP (CERTIFIED), ABFT (Adv.),

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 204-2047 | **E:** lindsayelinMSW@gmail.com

W: lindsayelinpsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

LISA SHOULDICE, RP, MA, CCC *SHE/HER*

TRAINING & APPROACH 170-200

EMOTION AND SOLUTION-FOCUSED, ATTACHMENT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 953-6880 | **E:** lshouldice@rogers.com

W: lisashouldice.com



OFFER CLINICAL SUPERVISION: YES

LUC GREY, BCD, RP(Q), RSSW *HE/THEY*

TRAINING & APPROACH 65-95 +HST

ACCEPTANCE AND COMMITMENT THERAPY, HUMANISTIC INTEGRATIVE, INTERNAL FAMILY SYSTEMS INTERPERSONAL, NARRATIVE PERSON-CENTRED, TRAUMA-INFORMED AND ANTI-OPPRESSIVE

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** lucgreycounselling@gmail.com

W: lucgreycounselling.ca/



OFFER CLINICAL SUPERVISION: NO

LYSA TOYE, MSW, RSW, ExAT *SHE/HER*

TRAINING & APPROACH 100-185

RELATIONAL, ATTACHMENT & TRAUMA-INFORMED, PSYCHODYNAMIC, SOMATIC, EMDR, DEEP BRAIN REORIENTING, IFS/EGO-STATE/PARTS WORK, EXPRESSIVE ARTS THERAPY, HAVENING, HYPNOSIS, ANTI-OPPRESSIVE

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 774-3757 | **E:** lysatoye.psychotherapy@gmail.com

W: lysatoye.com



OFFER CLINICAL SUPERVISION: YES

MADISON POWELL MOON, *SHE/HER*

TRAINING & APPROACH 130 INDIV, 200 COUPLES /50 MIN

THERAPIST-IN-TRAINING (TIRP) SEX THERAPY, BDSM AND SEX POSITIVE, RELATIONAL, DISABILITY, CLIENT CENTRED, NARRATIVE

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** therapywithmadison@gmail.com

W: therapywithmadison.com



OFFER CLINICAL SUPERVISION: NO

LORRAINE MUNRO, MSW, RSW *SHE/THEY*

TRAINING & APPROACH 145-150

AOP, TRAUMA AND ATTACHMENT, IFS, IFIO INFORMED, KINK POLYAM MONOG FRIENDLY, INDIVIDUAL/RELATIONSHIP

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 855-4325 | **E:** lorraine@lorrainemunro.com

W: lorrainemunro.com



OFFER CLINICAL SUPERVISION: NO

LUCIA BORRELLI, RSW *SHE/HER*

TRAINING & APPROACH 150

EFT, DBT, IFS, SOMATIC, TRAUMA-INFORMED, NARRATIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: | **E:** luciaborrellisw@gmail.com

W: <https://www.psychologytoday.com/ca/therapists/lucia-etobicoke-on/1194876>



OFFER CLINICAL SUPERVISION: YES

MADISON FITZGERALD, MSc, RP *SHE/HER*

TRAINING & APPROACH 150

RELATIONAL, ANTI-OPPRESSIVE, TRAUMA INFORMED, EMOTIONALLY-FOCUSED COUPLES THERAPY, NARRATIVE, PARTS WORKS (IFS), ATTACHMENT BASED

SERVICE: VIRTUAL **OTHER LANGUAGES:**

T: (647) 797-3594 | **E:** psychotherapywithmadison@gmail.com

W: <https://www.psychologytoday.com/ca/therapists/madison-fitzgerald-toronto-on/1061574>



OFFER CLINICAL SUPERVISION: NO

MAHBOUBEH KATIRAI, MA, PHD (ABT), RP *SHE/HER*

TRAINING & APPROACH 150-170

NARRATIVE THERAPY, INTERNAL FAMILY SYSTEM, MINDFULNESS, RELATIONAL, FEMINIST ANTI OPPRESSION, ANTI-COLONIAL

SERVICE: VIRTUAL **OTHER LANGUAGES:** FARSI, "DARI, FARSI"

T: | **E:** mkatirai@therapist.net

W: <https://www.psychologytoday.com/ca/therapists/mahboubeh-katirai-toronto-on/125052>



OFFER CLINICAL SUPERVISION: NO

MAHEEN HYDER, MSW, RSW *SHE/HER*

TRAINING & APPROACH 120

REFUGEE MENTAL HEALTH, TRAUMA-INFORMED, LGBTQ+, DX OF DEPRESSION, ANXIETY AND PTSD

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (778) 829-8959 | **E:** lu@lulam.ca

W: lulam.ca



OFFER CLINICAL SUPERVISION: NO

MARIYA SYTNYK, MSW, RSW. *SHE/HER*

TRAINING & APPROACH 150

DBT-INFORMED, COGNITIVE PROCESSING THERAPY
NARRATIVE THERAPY, HARM REDUCTION, TRAUMA-INFORMED

SERVICE: VIRTUAL **OTHER LANGUAGES:** RUSSIAN

T: (289) 809-1009 | **E:** mariya@hopestarttherapy.com

W: hopestarttherapy.com



OFFER CLINICAL SUPERVISION: YES

MARLEE RUBEL, MEd, RP *SHE/HER*

TRAINING & APPROACH 175-200

TRAUMA-INFORMED, NARRATIVE, EFT, ATTACHMENT, CBT, RELATIONAL,
PSYCHODYNAMIC

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** marleerubelpsychotherapy@gmail.com

W: marleerubel.com



OFFER CLINICAL SUPERVISION: YES

MAXWELL (MAX) DENLEY, BMT, MSW, RSW *HE/HIM*

TRAINING & APPROACH 130

DRAWING FROM MULTIPLE MODALITIES, SPECIALIZING IN WORK WITH KIDS/YOUTH
AND THEIR CAREGIVERS, GENDER + SEXUALITY EXPLORATION, SUPPORTING
GENDER TRANSITION. EXPERIENCE WORKING WITH AND AFFIRMING
NEURODIVERSITY. LIVED EXPERIENCE AS A TRANS MAN.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** Max@YouDoYouCC.com

W: YouDoYouCC.com



OFFER CLINICAL SUPERVISION: NO

MARCO POSADAS, MSW, RSW PhD *HE/HIM*

TRAINING & APPROACH 200-250

DR IN CLINICAL SOCIAL WORK, EXTENSIVE TRAINING IN PSYCHOANALYSIS, ANTI-
OPPRESSIVE PRACTICE, TRAUMA INFORMED, HARM REDUCTION, SEX POSITIVE,
STRENGTH AND EVIDENCE-BASED, AND PERSON CENTERED.

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** SPANISH

T: (416) 725-2566 | **E:** marcoposadas@yahoo.com

W: thehouseofpurpose.com/#ourteam



OFFER CLINICAL SUPERVISION: YES

MARLA SCHREIBER, MSW, RSW *THEY/THEM*

TRAINING & APPROACH 125-200

MULTI-MODAL, FOCUSED IN NON-MONOGAMY/POLYAMORY. SEX POS & KINK
AWARE, ANTI-RACIST/ANTI-OPPRESSIVE, ATTACHMENT THEORY, SYSTEMS THEORY,
PERSON CENTRED, INTERSECTIONAL FEMINISM, RELATIONAL, NARRATIVE, EFT,
MINDFULNESS, HARM REDUCTION.

SERVICE: VIRTUAL **OTHER LANGUAGES:** FRENCH

T: (514) 714-3675 | **E:** Connect@marlaschreiber.com

W: psychologytoday.com/ca/therapists/marla-schreiber-toronto-
on/440731



MAXINE BOWER, MSW, RSW *SHE/HER*

TRAINING & APPROACH 150-175

COGNITIVE BEHAVIOURAL THERAPY (CBT), EYE MOVEMENT DESENSITIZATION
AND REPROCESSING (EMDR), GOTTMAN METHOD (FOR COUPLES), HARM
REDUCTION, PSYCHODYNAMIC, SOLUTIONS-FOCUSED, SOMATIC, TRAUMA-
INFORMED

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** maxine.umhn@gmail.com

W: torontowellnesscollective.ca/maxinebower.html



OFFER CLINICAL SUPERVISION: YES

MEAGHAN MOORE, MEd, RP *SHE/HER*

TRAINING & APPROACH 150 + HST

RELATIONAL || EMDR || ATTACHMENT FOCUSED || SENSORIMOTOR
PSYCHOTHERAPY

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** MeaghanMoore.psychotherapy@gmail.com

W: psychologytoday.com/ca/therapists/meaghan-moore-toronto-
on/1112234



OFFER CLINICAL SUPERVISION: NO

MELANIE (MEL) HRYMAK, RP(Q) *THEY/SHE*

TRAINING & APPROACH 120

RELATIONAL, INTERSECTIONAL FEMINIST, ANTI-RACIST/ANTI-OPPRESSIVE, ATTACHMENT, TRAUMA-INFORMED, PARTS WORK, SOMATIC CONNECTION, MINDFULNESS, SELF COMPASSION

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (365) 650-7734 | **E:** melanie@melaniehrymak.com

W: melaniehrymak.com



OFFER CLINICAL SUPERVISION: NO

MELISSA WALKER, MSW, RSW *SHE/HER*

TRAINING & APPROACH

CBT, ACT

SERVICE: VIRTUAL **OTHER LANGUAGES:**

E: melissa@hopestarttherapy.com

W:



OFFER CLINICAL SUPERVISION: NO

MICHEL'E BERTRAND, EdD RP CCC

TRAINING & APPROACH 160 (INDIV) 240 (2 OR MORE)

RELATIONAL, SENSORIMOTOR, PROCESS-EXPERIENTIAL EFT. YOGA-INFORMED. CLINICAL SUPERVISION. GRIEF; LIFE TRANSITIONS; AGEING; RELATIONSHIPS; CHRONIC ILLNESS; COGNITIVE CHANGES. TRAUMA: INTERPERSONAL; INTERGENERATIONAL; STRUCTURAL (E.G RACISM, OPPRESSION) AND INSTITUTIONAL (E.G MEDICAL TRAUMA). RACIALIZED, BLACK & CARIBBEAN IDENTITY/EXPERIENCE. POLY, ACE/A-SPEC AFFIRMING.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 939-0238 | **E:** michelebertrand@hushmail.com

W: michelebertrand.ca



OFFER CLINICAL SUPERVISION: YES

MINA MCCLUSKEY, RP *SHE/HER*

TRAINING & APPROACH 140

PSYCHODYNAMIC

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (519) 766-2315 | **E:** mccluskeymina@gmail.com

W: prstoronto.com/therapists/mccluskey-mina/



OFFER CLINICAL SUPERVISION: NO

MELINA BONDY, RP(Q) *THEY/THEM*

TRAINING & APPROACH 150 ONLINE/170 IN PERSON

SOMATIC EXPERIENCING, SPIRITUALLY INTEGRATED, MINDFULNESS AND COMPASSION, ACCEPTANCE AND COMMITMENT THERAPY, ANTI-OPPRESSION, TRAUMA-INFORMED, STRENGTHS-BASED

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** ENGLISH, FRENCH

T: (416) 672-0393 | **E:** melina@mindfulness-therapy.ca

W: <https://mindfulness-therapy.ca/therapists/melina/>



OFFER CLINICAL SUPERVISION: NO

MICHAEL ADIA, MSW, RSW *HE/HIM*

TRAINING & APPROACH

CBT, ACT, MI, AFFIRMATIVE CBT, AOP, ANTI-RACISM, TRAUMA INFORMED

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** TAGALOG

T: N/A | **E:** adiamichael@gmail.com

W:



OFFER CLINICAL SUPERVISION: NO

MICHELLE CROZIER, BSW, MSW, RSW *SHE/THEY*

TRAINING & APPROACH 100-145

ANTI-OPPRESSIVE, TRAUMA-INFORMED, HOLISTIC, SOMATIC, ATTACHMENT, MINDFULNESS, DBT, CBT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (519) 588-5284 | **E:** michellecroziercounselling@gmail.com

W: psychologytoday.com/ca/therapists/michelle-crozier-toronto-on/716447?sid=5fc817c024a0b&name=michelle+cro&ref=1&tr=ResultsName



OFFER CLINICAL SUPERVISION: NO

MIRA PINKUS, THERAPIST-IN-TRAINING (GESTALT) *SHE/THEY*

TRAINING & APPROACH 80-120

GESTALT (RELATIONAL, CREATIVE, EMBODIED, SOMATIC, PRESENT-CENTRED, MINDFUL, ANTI-OPPRESSIVE)

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 998-5819 | **E:** mpinkus@gestaltmail.ca

W: psychologytoday.com/profile/738770



OFFER CLINICAL SUPERVISION: NO

MISSY MAE-NG, MSW, RSW *SHE/HER*

TRAINING & APPROACH 140, SOME SLIDING SCALE
NARRATIVE THERAPY, CBT, RELATIONAL-CULTURAL THEORY

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** mmaengtherapy@gmail.com

W: psychologytoday.com/ca/therapists/missy-mae-ng-toronto/1038035 

OFFER CLINICAL SUPERVISION: YES

MOOKY CHERIAN, RP *HE/HIM*

TRAINING & APPROACH 120
PSYCHODYNAMIC

SERVICE: IN PERSON **OTHER LANGUAGES:** ENGLISH

T: (416) 846-6665 | **E:** Mooky.cherian@gmail.com

W: mookycherianpsychotherapy.com 


OFFER CLINICAL SUPERVISION: NO

MYCAH KATZ, MSW, RSW *HE/HIM*

TRAINING & APPROACH 120-150
SOLUTION-FOCUSED, NARRATIVE, GOTTMAN, CLIENT-CENTERED

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (778) 919-0894 | **E:** m.il.katz@gmail.com

W: psychologytoday.com/ca/therapists/mycah-katz-ottawa/1121231 

OFFER CLINICAL SUPERVISION: YES

NAAILA ALI, MSW, RSW *THEY/THEM*

TRAINING & APPROACH 90-150
INTERNAL FAMILY SYSTEMS, NARRATIVE, EXPRESSION AND ARTS-BASED

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** naaila@mossydwellings.ca

W: psychologytoday.com/ca/therapists/naaila-ali-toronto-on/991419 

OFFER CLINICAL SUPERVISION: NO

MONICA GOULET, MSW, RSW *THEY/SHE*

TRAINING & APPROACH 100-140
NARRATIVE, AOP, DISABILITY JUSTICE, STRENGTH-BASED, EMOTION-FOCUSED, PARTS WORK, DBT, ACT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (437) 747-5210 | **E:** monicagoulettherapy@gmail.com

W: psychologytoday.com/profile/856867 


OFFER CLINICAL SUPERVISION: NO

MOUSTAFA ABDELRAHMAN, RP, MBA *HE/HIM*

TRAINING & APPROACH 140
ACT, CBT, MINDFULNESS, COMPASSION, INTEGRATIVE, ANTI-OPPRESSIVE, CULTURALLY-SENSITIVE, TRAUMA-INFORMED, RELATIONAL, ATTACHMENT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** info@themindfulpractice.com

W: themindfulpractice.com 

OFFER CLINICAL SUPERVISION: NO

MYROSLAVA TYZKYJ, BA, RVT, RP *SHE/HER*

TRAINING & APPROACH 170 (SLIDING SCALE 130-160)
PSYCHODYNAMIC PSYCHOTHERAPY, POLYVAGAL, SOMATIC, PARTS WORK, AND MINDFULNESS; APPROACHES ARE INTERSECTIONAL FEMINIST, ANTI-OPPRESSION, RELATIONAL, TRAUMA-INFORMED, AND ATTACHMENT-BASED. POLYAM-AFFIRMING AND BDSM/KINK/SEX-POSITIVE.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 458-6792 | **E:** myroslava.redbird@gmail.com

W: redbirdtherapy.ca/our-team/#Myroslava 

OFFER CLINICAL SUPERVISION: NO

NADIA SAAD, MSW, RSW *SHE/HER*

TRAINING & APPROACH 150-180 (INDIV), 180-210 (COUPLES)
SOMATIC EXPERIENCING, INTERNAL FAMILY SYSTEMS, NARRATIVE THERAPY

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 939-6265 | **E:** nadia.y.saad@gmail.com

W: nadiasaadpsychotherapy.com 

OFFER CLINICAL SUPERVISION: NO

NATALIE KALB, PhD, C.PSYCH SHE/HER

TRAINING & APPROACH 250 (SLIDING SCALE AVAILABLE)

INTEGRATIVE; EMOTION-FOCUSED THERAPY; TRAUMA INFORMED; MOTIVATIONAL INTERVIEWING, RELATIONAL; ACCEPTANCE & COMMITMENT THERAPY | FOCUS: SUBSTANCE USE/ADDICTION; 2SLGBTQ+ IDENTITY EXPLORATION & CONCERNS; TRAUMA/PTSD; AUTISM & ADHD

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: | **E:** drkalb@gooddaystherapy.com

W: www.gooddaystherapy.com



OFFER CLINICAL SUPERVISION: YES

NATANIA MARCUS, PhD, C.PSYCH. SHE/HER

TRAINING & APPROACH 225

EFT, CBT, DBT, MINDFULNESS, IFS, TRAUMA FOCUS

PLEASE BOOK VIA WEBSITE

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** n.marcus@remedycentre.ca

W: remedycentre.ca/team/natania-marcus/



OFFER CLINICAL SUPERVISION: NO

NAZBAH TOM, MA THEY/THEM

TRAINING & APPROACH 100-140

SOMATICS, DRAMA THERAPY, MOTIVATIONAL INTERVIEWING

SERVICE: VIRTUAL **OTHER LANGUAGES:** NAVAJO

T: (437) 580-4614 | **E:** nazbahtomcp@gmail.com

W: nazbahtom.com



OFFER CLINICAL SUPERVISION: YES

NICOLE ZOUKI, MEd, RP (QUALIFYING) SHE/THEY

TRAINING & APPROACH 150

RELATIONAL, NARRATIVE, ATTACHMENT, MINDFULNESS, ANTI-OPPRESSIVE, TRAUMA-INFORMED, BDSM AND KINK AFFIRMING, SEX POSITIVE, NON-MONO GAMY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** nzouki.psychotherapy@gmail.com

W: psychologytoday.com/ca/therapists/nicole-zouki-toronto-on/1166448



OFFER CLINICAL SUPERVISION: NO

NATALIE KELLY, MSW, RSW SHE/HER

TRAINING & APPROACH 160

TRAUMA INFORMED, PARTS WORK, EFT, MINDFULNESS, NARRATIVE, DBT, FEMINIST, AOP

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** nataliekellytherapy@gmail.com

W:



OFFER CLINICAL SUPERVISION: NO

NATE FREEMAN, MSW, RSW HE/THEY

TRAINING & APPROACH 130-150 (W SLIDING SCALE)

ATTACHMENT AND TRAUMA-INFORMED, IFS, PSYCHODYNAMIC, EMDR, MINDFULNESS, AOP, CLINICAL CONSULTATION, YOGA THERAPIST (IN-TRAINING)

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 708-1240 | **E:** natefreemanrsw@gmail.com

W: psychologytoday.com/ca/therapists/nate-freeman-lon-on/362532



OFFER CLINICAL SUPERVISION: YES

NICKOLAS HARMAN, JD, RP (QUALIFYING), HE/HIM

TRAINING & APPROACH 100 INDIV, 125 COUPLES/POLYCULES

PREDOMINANTLY ACT AND INTEGRATIVE PROCESS-BASED THERAPY (TAILORING ELEMENTS OF NARRATIVE AND CBT-TYPE MODALITIES LIKE DBT AND MBCT, BASED ON A FUNCTIONAL ANALYSIS OF EACH CLIENT'S NEEDS). ACTIVE MEMBER OF THE ASSOCIATION OF CONTEXTUAL BEHAVIOURAL SCIENCE, THE INTERNATIONAL COMMUNITY OF ACT PRACTITIONERS.

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 417-7294 | **E:** nickolas@workinprogresssto.ca

W: workinprogresssto.ca/team-2



OFFER CLINICAL SUPERVISION: NO

NIKKI SEDAGHAT, MSc, RP SHE/HER

TRAINING & APPROACH INDIV 160, COUPLES: 190

NARRATIVE THERAPY, EMOTION-FOCUSED THERAPY, INTERNAL FAMILY SYSTEMS, COMPASSION AND MINDFULNESS-BASED APPROACHES, GOTTMAN METHOD, SEX THERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:** FARSI

T: N/A | **E:** nikki@sedapsychotherapy.com

W: sedapsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

NINOTCHKA SEQUEIRA, MSW, RSW *SHE/HER*

TRAINING & APPROACH 155

-PARTS WORK (STRUCTURAL DISSOCIATION/IFS)
-EMDR (EYE MOVEMENT DESENSITIZING REPROCESSING)
-DBR (DEEP BRAIN REORIENTING)
-EFT/ ATTACHMENT INFORMED

SERVICE: VIRTUAL **OTHER LANGUAGES:**

T: (647) 360-7821 | **E:** ninotchka.counselling@gmail.com

W: www.ninotchka-sequeira.com



OFFER CLINICAL SUPERVISION: NO

OLIVIA FOGEL, BPHIL, STUDENT THERAPIST (TIRP) *SHE/THEY*

TRAINING & APPROACH

RELATIONAL, ANTI-OPPRESSIVE/ANTI-RACIST, CLIENT CENTRED, TRAUMA INFORMED.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** Oliviafogeltherapy@gmail.com

W:



OFFER CLINICAL SUPERVISION: NO

PETER HAN, MEd, RP (Q) *HE/HIM*

TRAINING & APPROACH

DBT

SERVICE: VIRTUAL **OTHER LANGUAGES:**

T: | **E:** peter.han@thedbtclinic.ca

W: https://www.thedbtclinic.ca/peter-han



OFFER CLINICAL SUPERVISION: NO

PHOEBE CHIN, MA, RP *SHE/HER*

TRAINING & APPROACH 100-150

INTERSECTIONAL, DISABILITY JUSTICE, HARM REDUCTION, ABOLITIONIST, NON-PATHOLOGIZING. ART THERAPY, IFS, EFT, ATTACHMENT WORK. SEX/KINK, SW-ER, AND POLYAM COMPETENT.

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** info@phoebecin.com

W: phoebecin.com



OFFER CLINICAL SUPERVISION: YES

NOLAN BLODGETT, MSW, RSW *HE/THEY*

TRAINING & APPROACH 125

INTERNAL FAMILY SYSTEMS, EMOTION FOCUSED THERAPY, NARRATIVE THERAPY, MINDFULNESS, TRAUMA-INFORMED

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** info@nolanblodgettpsychotherapy.com

W: nolanblodgettpsychotherapy.com



OFFER CLINICAL SUPERVISION: NO

ORLANDO FRIZADO, MSW, RSW *HE/HIM*

TRAINING & APPROACH

140-200

PSYCHODYNAMIC, PSYCHOANALYTIC, ANTI-OPPRESSIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 799-3667 | **E:** orlando@orlandofrizado.com

W: orlandofrizado.com



OFFER CLINICAL SUPERVISION: NO

PHILL REGO, RP (QUALIFYING) *THEY/THEM*

TRAINING & APPROACH

INDIVIDUALS 120 (PLUS TAX),

COUPLES/PARTNERS 140 (PLUS TAX)

RELATIONAL, SOMATIC, SENSORIMOTOR, BIOENERGETIC, TRAUMA INFORMED, PSYCHOANALYTICAL, CLIENT-CENTRED, ANTI-BIAS SYSTEMIC LENSE

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** q.e.phill@gmail.com

W: quiet-earth.ca



OFFER CLINICAL SUPERVISION: NO

PING CHEN, MSW, RSW *SHE/HER*

TRAINING & APPROACH

195

EMDR, SENSORIMOTOR/SOMATIC, INTERNAL FAMILY SYSTEM, EGO STATE/PARTS WORK, TRAUMA, ANTI-OPPRESSION.

SERVICE: VIRTUAL **LANGUAGES:** CANTONESE, MANDARIN, TAISHANESE

T: (647) 795-3732 | **E:** pingtherapy@gmail.com

W: psychologytoday.com/ca/therapists/ping-chen-msw-rs-ii-toronto-on/467941



OFFER CLINICAL SUPERVISION: NO

PRANEY ANAND, MA, RP (QUALIFYING) *HE/HIM*

TRAINING & APPROACH 175/50 MINUTES
EFT

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (416) 420-9577 | **E:** praney@ellisnicolson.com

W: https://ellisnicolson.janeapp.com/locations/toronto-west-cabbagetown/book#/staff_member/9



OFFER CLINICAL SUPERVISION: NO

RACHEL EPSTEIN, MA, PhD *SHE/HER*

TRAINING & APPROACH 130-175

CERTIFICATE IN DISPUTE RESOLUTION, LICENSED OFFICIANT | COUNSELLING & COACHING: LGBTQ+ FERTILITY, ADOPTION, FAMILY CREATION, FAMILY CONFLICT & RECONFIGURATION, MEDIATION, CEREMONY OFFICIANT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 898-3549 | **E:** rachelepstein24@gmail.com



OFFER CLINICAL SUPERVISION: NO

RAE GRIFFIN-CARLSON, MSW, RSW *SHE/HER*

TRAINING & APPROACH 100-150

CLIENT-CENTERED, TRAUMA-INFORMED, CULTURALLY HUMBLE, HARM-REDUCTION, STRENGTHS-BASED, CREATIVE-ARTS BASED, MINDFULNESS-BASED, NARRATIVE & INTERSECTIONAL FEMINIST FRAMEWORKS, SEX-, POLY-, AND KINK-POSITIVE.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** rae.cefh@gmail.com

W: psychologytoday.com/ca/therapists/rae-griffin-carlson-ottawa-on/1025395



OFFER CLINICAL SUPERVISION: NO

RAYAN ANTON, MSW, RSW *HE/HIM*

TRAINING & APPROACH 140

RELATIONAL, NARRATIVE, IFS, DBT, EMDR. ANTI-OPPRESSIVE, KINK+, SEX+, NON-MONOGRAMY+

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** rayanpsychotherapy@gmail.com

W: rayanananton.com



OFFER CLINICAL SUPERVISION: NO

PRITWINDER KAUR, RP(Q) *SHE/HER*

TRAINING & APPROACH 100-140

ACT, COMPASSION FOCUSED
CULTURALLY SENSITIVE, PERSON CENTRED
ELECTIC, TRAUMA INFORMED, NARRATIVE APPROACH

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (289) 278-9841 | **E:** Pritwinderkaur@gmail.com

W: <https://www.psychologytoday.com/ca/therapists/pritwinderkaur-toronto-on/973332>



OFFER CLINICAL SUPERVISION: NO

RACHEL TREDON, RP (QUALIFYING) *SHE/HER*

TRAINING & APPROACH 120

RELATIONAL, ATTACHMENT, SOMATIC, ANTI-OPPRESSIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** rtredon.therapy@gmail.com

W: rtredon-therapy.com



OFFER CLINICAL SUPERVISION: NO

RAHIM THAWER, MSW, RSW *HE/HIM*

TRAINING & APPROACH 175

PSYCHODYNAMIC, CBT, GESTALT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 904-9721 | **E:** rahim@affectiveconsult.ca

W: affectiveconsult.ca



OFFER CLINICAL SUPERVISION: YES

RAYMOND MCKIE, MSc, *HE/HIM*

TRAINING & APPROACH

PHD CAND (CLINICAL PSYCHOLOGY) PRIMARILY EFT AND PSYCHODYNAMIC, CBT, TRAUMA-INFORMED, CULTURALLY SENSITIVE, SOME DBT

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** mckie.raymond@gmail.com



OFFER CLINICAL SUPERVISION: NO


REGINA D'CRUZ, RP (Q) SHE/HER

TRAINING & APPROACH 150

INTEGRATIVE, CLIENT CENTRED APPROACH, DRAWING FROM CBT, DBT, NARRATIVE, MINDFULNESS, AND STRENGTHS BASED PRACTICES.

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: | **E:** regina.marian.xoxo@gmail.com

W: <https://www.psychologytoday.com/ca/therapists/regina-marian-dacruz-toronto-on/1217359> 

OFFER CLINICAL SUPERVISION: NO

ROBYN BOLIVAR, MEd., RP SHE/HER

TRAINING & APPROACH 130-180

EMOTIONALLY FOCUSED, ATTACHMENT BASED & TRAUMA INFORMED, "PARTS WORK", RELATIONAL, AND ANTI-OPPRESSIVE. POLY (& NON-MONOGAMOUS), KINK, AND SEX WORK AFFIRMING PRACTICE.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 402-1946 | **E:** robynpsychotherapy@gmail.com

W: robynbolivartherapy.com 

OFFER CLINICAL SUPERVISION: NO

RONNIE ALI, MA, RP THEY/THEM

TRAINING & APPROACH 150 SLIDING SCALE AVAILABLE

RELATIONAL, ACT, TRAUMA-INFORMED/ANTI-OPPRESSIVE, FEMINIST, NARRATIVE, MINDFULNESS, SOMATIC

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** ronniepsychotherapy@gmail.com

W: 

OFFER CLINICAL SUPERVISION: NO

RUBY ROWAN, MSW, RSW THEY/THEM

TRAINING & APPROACH 180/SESSION

ATTACHMENT, INTERNAL FAMILY SYSTEMS, EMDR, EMBODIMENT, CBT, DBT, AND I AM TRAUMA INFORMED. DIABETES MANAGEMENT, ADHD, AND NEURODIVERGENCE. I AM FAT-POSITIVE, AND COMMITTED TO BODY LIBERATION.

SERVICE: VIRTUAL **OTHER LANGUAGES:**

T: 16474036698 | **E:** rubyrowanpsychotherapy@gmail.com

W: https://www.psychologytoday.com/ca/therapists/ruby-rowan-on/368084?utm_source=TDE&utm_medium=Email&utm_campaign=TD_SHA_2_1_A1.o 

RICKY VARGHESE, PhD, MSW, RSW HE/HIM

TRAINING & APPROACH

160/SESSION FOR ONCE-A-WEEK PSYCHOTHERAPY, LOWER AND NEGOTIABLE FOR THREE-TIMES-A-WEEK PSYCHOANALYSIS

PSYCHODYNAMIC AND PSYCHOANALYTIC, HARM REDUCTION, TRAUMA-INFORMED, SEX-POSITIVE, KINK & POLY-AFFIRMING

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 508-2523 | **E:** ricky.r.varghese@gmail.com

W: rickyvarghese.org 

ROBYN LETSON, MSW, RSW THEY/THEM

TRAINING & APPROACH 125 (SLIDING SCALE AVAILABLE)

RELATIONAL, ARAO, CLIENT-CENTERED, TRAUMA-INFORMED PRACTICE CENTERING TRANS PEOPLE. TRAINING IN SENSORIMOTOR PSYCHOTHERAPY AND TRAUMA-INFORMED STABILIZATION TREATMENT.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** rletson.msw@gmail.com

W: psychologytoday.com/profile/769817 

OFFER CLINICAL SUPERVISION: NO

ROXANNA VAHED, MSW, RSW SHE/THEY

TRAINING & APPROACH &150-200

EXPRESSIVE ARTS THERAPY (3YR PROG). INTERPERSONAL NEUROBIOLOGY; TRAUMA INFORMED; SENSORY MOTOR PSYCHOTHERAPY (LEVEL 1); 2023 TRAINING IN PROCESS: SAFE AND SOUND PROTOCOL (SSP)

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: | **E:** Roxanna.vahed@hushmail.com

W: psychologytoday.com/ca/therapists/roxanna-vahed-to-on/483040 

OFFER CLINICAL SUPERVISION: YES


SALIMA ANDANY, BSW, EXAT SHE/HER

TRAINING & APPROACH RADICAL INCLUSION POLICY

AR/AO, INTERSECTIONAL FEMINIST, LGBTQ+, DISABILITY & NEURODIVERGENT-AFFIRMING, TRAUMA-INFORMED & TRAUMA-RESPONSIVE. PERSON-CENTERED, CBT, DBT, ACT, & EXAT, MI, SFBT, ATTACHMENT-BASED, NARRATIVE THERAPY, GRIEF, MINDFULNESS, SAND TRAY, RELATIONAL, HUMANIST, EXISTENTIAL, PLURALISTIC, NERVOUS SYSTEM & EMOTIONAL REGULATION.

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: +1(647) 286-2227 | **E:** paintitout@outlook.com

W: <http://paintitout.ca/> 

SAMANTHA NELSON, RPQ *SHE/HER*

TRAINING & APPROACH 100 OR 60 AFFORDABLE RATE
MASTERS OF ARTS IN COUNSELLING PSYCHOLOGY
RELATIONAL, NARRATIVE, MINDFULNESS-ACCEPTANCE, COMPASSION-FOCUSED

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:**

T: | **E:** samantha@mindfulness-therapy.ca

W: <https://mindfulness-therapy.ca/therapists/samantha/>

OFFER CLINICAL SUPERVISION: NO



SARA SCOTT, RP (QUALIFYING) *SHE/HER*

TRAINING & APPROACH 145 INDIV 165 FAMILIES/COUPLES
CLIENT-CENTERED, ATTACHMENT, DIALOGIC, NARRATIVE, AND CBT

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 627-8968 | **E:** sara@healingrootstherapy.ca

W: healingrootstherapy.janeapp.com/locations/healing-roots-therapy/book

OFFER CLINICAL SUPERVISION: NO



SARAH MACDONALD, BSW, MSW, RSW

TRAINING & APPROACH 150
INTERNAL FAMILY SYSTEMS, TRAUMA INFORMED, AOPE, MINDFULNESS,
ATTACHMENT, RELATIONAL

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 893-4609 | **E:** Sarahelisabeththerapy@gmail.com

W: sarahelisabeththerapy.com

OFFER CLINICAL SUPERVISION: YES



SCOTT DUGGAN, PhD. C.PSYCH *HE/HIM*

TRAINING & APPROACH 225-250
CBT, MINDFULNESS, SOLUTION-FOCUSED

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 209-4036 | **E:** scott@drduggan.ca

W: drduggan.ca

OFFER CLINICAL SUPERVISION: NO



SAMARA LIU, RP *SHE/THEY*

TRAINING & APPROACH 120
RELATIONAL, GESTALT, SOMATIC, SOUND

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 525-9463 | **E:** samaraliu@gmail.com

W: psychologytoday.com/profile/777913

OFFER CLINICAL SUPERVISION: NO



SARAH CHIDDY, RP(Q), CTP DIPL. *SHE/HER*

TRAINING & APPROACH 130
PSYCHODYNAMIC, RELATIONAL, CLIENT CENTRED, TRAUMA INFORMED, ANTI-
OPPRESSIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 966-8254 | **E:** chiddy.therapy@gmail.com

W: torontopsychotherapygroup.com/therapists/sarah-chiddy-registered-psychotherapist-qualifying/

OFFER CLINICAL SUPERVISION: NO



SARAH SHAH, PhD, MS, BA *SHE/THEY*

TRAINING & APPROACH 100
GESTALT THERAPY, EMBODIED RELATIONAL THERAPY

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: | **E:** sshah@gestaltmail.ca

W: <https://www.psychologytoday.com/ca/therapists/sarah-shah-etobicoke-on/1153014>

OFFER CLINICAL SUPERVISION: NO



SHANNON FREUD, MSW, RSW *SHE/HER*

TRAINING & APPROACH 150-250
CBT, DBT, SOMATIC EXPERIENCING, MINDFULNESS, CIRCUS THERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 405-1046 | **E:** shannon_freud@yahoo.ca

W: <http://shannonfreudcounselling.com/>

OFFER CLINICAL SUPERVISION: NO



SHAUNA LANCIT, RP *SHE/HER*

TRAINING & APPROACH 120-200

RELATIONAL, FEMINIST, PSYCHODYNAMIC

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 912-4807 | **E:** shaunalancit@gmail.com

W: shaunalancit.com



OFFER CLINICAL SUPERVISION: NO

SHOSHANA POLLACK, PhD, MSW, RSW *SHE/HER*

TRAINING & APPROACH 180.00/HR

ANTI-OPPRESSIVE, FEMINIST, NARRATIVE, PSYCHODYNAMIC, RELATIONAL, MINDFULNESS

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 210-6825 | **E:** Shoshana.pollack@rogers.com

W: shoshanapollack.com



OFFER CLINICAL SUPERVISION: YES

SIMRYN PARMAR, RP (QUALIFYING) *SHE/THEY*

TRAINING & APPROACH 150

RELATIONAL, NARRATIVE, SOMATIC, EXISTENTIAL, AND COMPASSION-FOCUSED MODALITIES; EFT, PARTS WORK, ACT, EXAT, SOMATIC MINDFULNESS TRAUMA-INFORMED, INTERSECTIONAL FEMINIST, DISABILITY JUSTICE FRAMEWORKS; LIVED EXPERIENCES AS A QUEER, NEURODIVERGENT, SECOND GENERATION SOUTH ASIAN IMMIGRANT

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** simrynparmartherapy@gmail.com

W: psychologytoday.com/ca/therapists/simryn-parmar-toronto-on/1039896

SJ THIESSEN, RSW, MSW, PSYCHOTHERAPIST *HE/THEY*

TRAINING & APPROACH 150

TRAUMA INFORMED, ANTI-OPPRESSIVE, STRENGTHS-BASED, NARRATIVE, RELATIONAL, SOMATIC, AND IFS (PARTS WORK).

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (647) 931-4106 | **E:** sjthiessen.therapy@gmail.com

W: https://www.psychologytoday.com/profile/1234560

OFFER CLINICAL SUPERVISION: NO



SHELLY CARPENTER, M.Ed, RP, CCC. *SHE/THEY*

TRAINING & APPROACH 160/HR (+ HST)

EMDR, DBT (CPTSD), RELATIONAL THERAPY, TRAUMA FOCUSED, NEURODIVERSITY AFFIRMING
SENSORIMOTOR PSYCHOTHERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** carpenter.psychotherapy@gmail.com

W: psychologytoday.com/ca/therapists/shelly-carpenter-toronto-on/746621



OFFER CLINICAL SUPERVISION: YES

SIERAN YUNG, MEd, RP (QUALIFYING) *HE/HIM*

TRAINING & APPROACH 150, SLIDING SCALE 80- 145

COMPASSION-FOCUSED THERAPY, CBT, DBT, ACCEPTANCE AND COMMITMENT THERAPY, DREAM ANALYSIS, EMOTION-FOCUSED THERAPY, NARRATIVE, SOLUTION-FOCUSED, ROGERIAN, ATTACHMENT THEORY.

SERVICE: IN PERSON & VIRTUAL

LANGUAGES: CANTONESE, MANDARIN, FRENCH

T: (647) 937-9751 | **E:** sieran.yung@creativestrengthpsychotherapy.com

W: https://www.psychologytoday.com/ca/therapists/sieran-yung-toronto-on/998422

SIOBHAN CASSIDY, MSW RSW *SHE/THEY*

TRAINING & APPROACH 140

TRAUMA, FEMINIST, QUEER, ANTO OPPRESSION, HARD REDUCTION

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 476-6089 | **E:** scassidy114@gmail.com

W: siobhancassidycounselling.com



OFFER CLINICAL SUPERVISION: NO

SKB KEELAN-BISHOP, MA, RP *SHE/THEY*

TRAINING & APPROACH 170

NEURODIVERGENT-AFFIRMING, RELATIONAL-CULTURAL, NARRATIVE, POLITICIZED DBT, HEALING-CENTRED, ADOPTION COMPETENT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (613) 849-8428 | **E:** skb@keelan-bishop.com

W: keelan-bishop.com

OFFER CLINICAL SUPERVISION: NO



SLY SARKISOVA, BA, BSW, MSW, RSW *HE/THEY*

TRAINING & APPROACH 150-200

INTERSECTIONAL TRAUMA INFORMED, ATTACHMENT, NARRATIVE, EMOTION FOCUSED, MCBT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** slysarkisova@gmail.com

W: slysarkisovacounselling.com



OFFER CLINICAL SUPERVISION: YES

SPENCER NAGELEISEN, MA, RP *HE/HIM*

TRAINING & APPROACH 170, SLIDING SCALE AVAIL

TRAINING IN ACT, DBT, TRAUMA INFORMED AND USING A PROCESS BASED THERAPY APPROACH

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** Spencer@spencernpsychotherapy.com

W: spencernpsychotherapy.com/



OFFER CLINICAL SUPERVISION: NO

STEPHANIE MARKOWITZ, MEd, RP *SHE/HER*

TRAINING & APPROACH 140

RELATIONAL, PSYCHODYNAMIC, ATTACHMENT, TRAUMA INFORMED, MINDFULNESS, EMDR

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** hello@stephaniemarkowitz.com

W: stephaniemarkowitz.com



OFFER CLINICAL SUPERVISION: NO

SUZANNA DEREWICZ, RP *SHE/THEY*

TRAINING & APPROACH 120 (HST INCLUDED)

ATTACHMENT BASED, COMPASSION FOCUSED, CULTURALLY SENSITIVE HUMANISTIC, INTERNAL FAMILY SYSTEMS, NARRATIVE, PERSON CENTERED PSYCHODYNAMIC, RELATIONAL, STRENGTHS BASED, TRAUMA INFORMED

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (647) 989-8530 | **E:** suzanna.derewicz@protonmail.com

W: www.psychologytoday.com/ca/therapists/suzanna-derewicz-toronto-on/1070477



OFFER CLINICAL SUPERVISION: NO

SONNY BERENSON, BSc, MA, RP *THEY/THEM*

TRAINING & APPROACH 113

RELATIONAL, SENSORI-MOTOR PSYCHOTHERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** sonnyberenson@gmail.com

W: sonnyberenson.wordpress.com



OFFER CLINICAL SUPERVISION: NO

STEPHANIE HEI LAM WU, RP (QUALIFYING), RCAT *THEY/THEM*

TRAINING & APPROACH SLIDING SCALE (120-150)

ART THERAPY, SOMATIC, RELATIONAL, MINDFULNESS, ATTACHMENT, HARM REDUCTION, DE-CARCERAL, RACIAL TRAUMA, SW-ER/KINK/BDSM/NON-MONOGAMY INFORMED

SERVICE: VIRTUAL **OTHER LANGUAGES:** CANTONESE

T: (647) 858-2266 | **E:** therapywithstephaniewu@gmail.com

OFFER CLINICAL SUPERVISION: NO



SUSAN TARSHIS, MEd., RP *SHE/HER*

TRAINING & APPROACH 140

RELATIONAL, PSYCHODYNAMIC, EMDR

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 820-9752 | **E:** susan@susantarshis.ca

W: susantarshis.ca



OFFER CLINICAL SUPERVISION: YES

SYDNEY GILCHRIST, MSW, RSW *THEY/THEM*

TRAINING & APPROACH 80-150

NARRATIVE, RELATIONAL, TRAUMA-INFORMED, GENDER, GRIEF, ANTI-OPPRESSIVE, DISABILITY JUSTICE, ABOLITIONIST

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (519) 871-1718 | **E:** sydneygilchrist1@gmail.com

W: umhn.ca/therapist-sydney-gilchrist/



OFFER CLINICAL SUPERVISION: NO

TAMMY MARCUS, MSW, RSW *SHE/HER*

TRAINING & APPROACH INDIV 160, COUPLES/FAMILIES 240

TORONTO INSTITUTE FOR RELATIONAL PSYCHOTHERAPY
MINDFULNESS BASED STRESS REDUCTION TRAINING
JANINA FISHER'S COMPLEX TRAUMA CERTIFICATION, BODY ORIENTED
PSYCHOTHERAPY, EMOTION FOCUSED THERAPY FOR COUPLES, ATTACHMENT
BASED FAMILY THERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 654-0196 | **E:** tammy@horizontherapy.ca

W: horizontherapy.ca

OFFER CLINICAL SUPERVISION: YES



TARA MCKEE, RP *SHE/HER*

TRAINING & APPROACH INDIVIDUAL: 170, COUPLES 300

GESTALT THERAPY TRAINED: SOMATIC, EMBODIED, RELATIONAL APPROACH.
EXTENSIVE EXTENSIVE EXPERIENCE WITH SEX AND SEXUALITY. TRAINED IN
CLINICAL SUPERVISION

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: (416) 476-1195 | **E:** mckeetara@gmail.com

W: <https://www.psychologytoday.com/ca/therapists/tara-mckee-toronto-on/231405>

OFFER CLINICAL SUPERVISION: YES



TATE SAMESHIMA, BFA, DIP TIRP, RP(Q) *HE/HIM*

TRAINING & APPROACH 140-225

RELATIONAL, PSYCHODYNAMIC, TRAUMA-INFORMED, TRANS/NON-BINARY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** hello@therapywithtate.com

W: therapywithtate.com

OFFER CLINICAL SUPERVISION: NO



TOBIE MARVEN, MScI, RP *THEY/THEM*

TRAINING & APPROACH 150 INDIV, 175 FAMILY SESSIONS

SENSORYMOTOR PSYCHOTHERAPY, ANTI-OPPRESSION PSYCHOTHERAPY
ATTACHMENT BASED FAMILY THERAPY, DBT

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** Tobiemarvencounselling@gmail.com

W: tobiemarvencounselling.com

OFFER CLINICAL SUPERVISION: NO



TANIA MEDEIROS, MSW, RSW *SHE/THEY*

TRAINING & APPROACH 145 PER SESSION

SOMATIC, MINDFULNESS BASED, EMOTIONALLY FOCUSED
ATTACHMENT BASED, TRAUMA FOCUSED, RELATIONAL

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (289) 677-0153 | **E:** taniamedeirostherapy@gmail.com

W: [psychologytoday.com/ca/therapists/tania-medeiros-toronto-on/967488](https://www.psychologytoday.com/ca/therapists/tania-medeiros-toronto-on/967488)

OFFER CLINICAL SUPERVISION: NO



TARIK KADRI, MSW, RSW *HE/HIM*

TRAINING & APPROACH 175 - 220

EMDR, CBT, DBT, CPT, PROLONGED EXPOSURE, GOTTMANS COUPLES

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (437) 215-4105 | **E:** tarik@mindfulcounsellingtoronto.com

W: mindfulcounsellingtoronto.com

OFFER CLINICAL SUPERVISION: YES



BILL TAEKEMA, RP *HE/HIM*

TRAINING & APPROACH 120 - 150

GESTALT MODALITIES

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (905) 457-2661 | **E:** therapybybilltaekema@rogers.com

W: bramptonpsychotherapy.com

OFFER CLINICAL SUPERVISION: NO



TODD ELLIOTT, MSW, RSW *HE/HIM*

TRAINING & APPROACH 165

COGNITIVE-BEHAVIOURAL THERAPY (CBT), TRAUMA-FOCUSED THERAPY (TF-CBT), EMOTION-FOCUSED THERAPY (EFT), NARRATIVE THERAPY, BRIEF SOLUTION-FOCUSED THERAPY AND MINDFULNESS-BASED APPROACHES.

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 704-7824 | **E:** todd.at.upstairs@protonmail.com

W: [psychologytoday.com/ca/therapists/todd-elliott-toronto-on/1087937](https://www.psychologytoday.com/ca/therapists/todd-elliott-toronto-on/1087937)

OFFER CLINICAL SUPERVISION: NO



TOR SANDBERG, RP (QUALIFYING) *HE/HIM*

TRAINING & APPROACH 140

RELATIONAL, CLIENT-CENTRED, ANTI-OPPRESSIVE, ATTACHMENT & TRAUMA-INFORMED

SERVICE: VIRTUAL **OTHER LANGUAGES:** SWEDISH

T: (416) 655-8338 | **E:** torsandberg@gmail.com

W: torsandberg.com



OFFER CLINICAL SUPERVISION: NO

TREVOR BIRELL, B.A.A, B.Ed., DIPL. PSYCH., RP *HE/HIM*

TRAINING & APPROACH 150-190

PSYCHODYNAMIC PSYCHOTHERAPY, ATTACHMENT AND TRAUMA-INFORMED, CBT, DBT, MINDFULNESS, IMAGO COUPLE THERAPY, HUMANISTIC, EXPRESSIVE ARTS & PLAY THERAPY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 655-4408 | **E:** birrelltherapy@gmail.com

W: psychologytoday.com/ca/therapists/trevor-birrell-toronto/889406



OFFER CLINICAL SUPERVISION: NO

TRISH MCKEOUGH, MSW, RSW *SHE/HER*

TRAINING & APPROACH 160-185

EFT AND EMOTION-FOCUSED PARENTING (EFFT AND EFST), DBT, ACT, CBT, NEURODIVERSITY, TRANS*/NB, POLY, AND SEX WORK AFFIRMING.

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 970-3953 | **E:** tmckeough@icloud.com

W: therapywithtrish.com



OFFER CLINICAL SUPERVISION: NO

VANESSA HENNING O'CONNOR, MA, MPS, RP *SHE/HER*

TRAINING & APPROACH 150-225

TRAUMA INFORMED, FEMINIST, AOP, NEUROBIOLOGY (POLYVAGAL INFORMED) AND SOMATIC PSYCHOTHERAPY, PSYCHODYNAMIC (ATTACHMENT), NEUROAFFECTIVERELATIONALMODEL, FAMILY SYSTEMS, NON-BINARY AND TRANS AFFIRMING, DBT

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (905) 334-6523 | **E:** vgalettherapy@gmail.com

W: vanessaconnor.squarespace.com



OFFER CLINICAL SUPERVISION: YES

TRACEY JASTINDER MANN, MSW, RSW *SHE/THEY*

TRAINING & APPROACH 131.75-181.50

TRAUMA-INFORMED, INTERSECTIONAL FEMINIST, NARRATIVE, SOMATICS (GENERATIVE SOMATICS), EFT FOR COUPLES, SEX POSITIVE AND SEX WORK POSITIVE. EMDR, BRAINSPOTTING AND PSYCHEDELIC THERAPY

SERVICE: IN-PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 955-0524 | **E:** healingforeverybody@gmail.com

W: healingforeverybody.ca



OFFER CLINICAL SUPERVISION: YES

TREVOR HART, PhD, REGISTERED PSYCHOLOGIST *HE/HIM*

TRAINING & APPROACH 225-250

CBT, MOTIVATIONAL INTERVIEWING, CPT, PROLONGED EXPOSURE, COUPLES, BEHAVIOURAL MEDICINE, SEX THERAPY, COPING WITH PAIN AND ILLNESS, HEALTH PROMOTION, SUPPORT WITH EXPLORING SEXUALITY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** drtrevorhart@gmail.com

W: drhart.ca



OFFER CLINICAL SUPERVISION: NO

TYLER HARRIS, BA, MACP, RP-Q *HE/HIM*

TRAINING & APPROACH 110+

NARRATIVE, ACT, CBT, DBT, EFT, TRAUMA INFORMED

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:**

W:



OFFER CLINICAL SUPERVISION: NO

VANESSA ROBERTSON, MACP, RP(Q) *SHE/HER*

TRAINING & APPROACH 100

LIFE TRANSITIONS, TRAUMATIC EVENTS, ESCALATING WORK STRESS, FAMILY TENSIONS, GRIEF AND LOSS.

SERVICE: VIRTUAL **OTHER LANGUAGES:**

T: (249) 444-0512 | **E:** vanessa.gentleliving@gmail.com

W: https://www.psychologytoday.com/ca/therapists/vanessa-robertson-thornton-on/1165507



OFFER CLINICAL SUPERVISION: NO

VICTORIA MUÑOZ, MSc, RP *SHE/HER*

TRAINING & APPROACH 169.50 (HST INCL), SLIDING SCALE AVAIL
NARRATIVE THERAPY, SOLUTION FOCUSED THERAPY
EMOTIONALLY FOCUSED THERAPY, GOTTMAN METHOD
CBT, DBT, HUMANISTIC THERAPY, STRENGTHS AND RESILIENCE BASED
SYSTEMIC & POST-MODERN, COLLABORATIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** SPANISH

T: (416) 720-1299 | **E:** victoriemunoztherapy@gmail.com

W: saferspacestherapy.com



OFFER CLINICAL SUPERVISION: YES

WENDY MCGUIRE, MSW, RSW, PhD *SHE/HER*

TRAINING & APPROACH 200
NEURODIVERSITY-AFFIRMING THERAPY, PSYCHOED, SKILLS BUILDING AND
ACADEMIC COACHING USING MODIFIED DBT, CBT, ACT, IFS, ERP, CLIENT-
CENTRED, GOTTMAN AND TATKINS COUPLE THERAPY, AOP, TRANS/NON-BINARY

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 407-2086 | **E:** wendy@wendymcguire.com

W: wendymcguire.com



OFFER CLINICAL SUPERVISION: YES

KRIS HAMILTON, MPS, RP *THEY/THEM*

TRAINING & APPROACH 120-165
RELATIONAL, TRAUMA-INFORMED, IFS, EFFT, SOMATIC. RELIGIOUS AND
SPIRITUAL TRAUMA, EMDR.

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (416) 888-3657 | **E:** kris.hamilton.therapy@gmail.com

W: xrisandpip.com/



OFFER CLINICAL SUPERVISION: YES

YIJIA SHAO, RP (QUALIFYING), MPS *THEY/THEM*

TRAINING & APPROACH 150
COGNITIVE BEHAVIORAL THERAPY, NARRATIVE THERAPY, EMOTION-FOCUSED
THERAPY, AND MINDFULNESS-BASED INTERVENTIONS.

SERVICE: VIRTUAL **OTHER LANGUAGES:** MANDARIN

T: (437) 372-5606 | **E:** info@queerjoytherapy.com

W: psychologytoday.com/ca/therapists/yijia-shao-toronto-
on/1157421



OFFER CLINICAL SUPERVISION: YES

VIRGINIA JAHYU, MA, ExAT *SHE/HER*

TRAINING & APPROACH
EXPRESSIVE ARTS THERAPIST

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 217-1121 | **E:** v.jahyu@gmail.com

W: artstherapy.ca



OFFER CLINICAL SUPERVISION: NO

WERONIKA ROGULA, MSW, RSW, PhD, SEP *SHE/THEY*

TRAINING & APPROACH 175-250
ATTACHMENT AND TRAUMA-INFORMED, SOMATIC EXPERIENCING

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 560-0196 | **E:** rogula.weronika@gmail.com

W: psychologytoday.com/ca/therapists/weronika-rogula-toronto-
on/402866



OFFER CLINICAL SUPERVISION: NO

YASMIN KOWLESSAR, MA, RP *SHE/HER*

TRAINING & APPROACH 150
RELATIONAL, NARRATIVE, ANTI-OPPRESSION, ANTI-RACIST, INTERSECTIONAL,
HUMANISTIC, SYSTEMIC, ATTACHMENT THEORY, COMPASSION-FOCUSED, KINK-
FRIENDLY, FAT-POSITIVE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** hello@yasminkowlessar.com

W: yasminkowlessar.com



OFFER CLINICAL SUPERVISION: NO

ZAC SCHRAEDER, RP(QUALIFYING) *HE/HIM*

TRAINING & APPROACH 100-140
NARRATIVE THERAPY, POSITIVE PSYCHOLOGY, 2SLGBTQ+ AFFIRMING,
RELATIONAL

SERVICE: IN PERSON & VIRTUAL **OTHER LANGUAGES:** N/A

T: (647) 576-2458 | **E:** zac@workinprogress.ca

W: psychologytoday.com/ca/therapists/zac-schraeder-toronto-
on/890678



OFFER CLINICAL SUPERVISION: NO

ZACHARY TEMPLEMAN, STUDENT THERAPIST *THEY/THEM*

TRAINING & APPROACH 100

RELATIONAL, PSYCHODYNAMIC, ATTACHMENT

SERVICE: VIRTUAL **OTHER LANGUAGES:** ENGLISH

T: | **E:** zacharyTemplemanTherapy@gmail.com

W: ZacharyTemplemanTherapy.ca

OFFER CLINICAL SUPERVISION: NO



ZARA FISCHER-HARRISON, RN, PSYCHOTHERAPIST *SHE/HER*

TRAINING & APPROACH 120-180/HR

NURSING, BIOPSYCHOSOCIAL AND WHOLE PERSON APPROACH , VIRTUAL OR WALK AND TALK SESSIONS, CBT, CONCURRENT DISORDERS, EXTREME CLEANING/HOARDING SUPPORT ONSITE

SERVICE: VIRTUAL **OTHER LANGUAGES:** N/A

T: N/A | **E:** zara.fischerharrison@gmail.com

W: nursezaratherapy.com

OFFER CLINICAL SUPERVISION: NO

