

Toronto's Queer & Trans Therapists



Virtual & In-Person Practice List

Updated: August 2023

Compiled by Rahim Thawer, MSW, RSW
Affective Consulting & Psychotherapy Services

Notes for Clients and Therapists

- There are nearly 170 therapists listed in this document.
- Most therapists listed are from the Greater Toronto Area and all therapists listed identify, in some part, with the 2SLGBTQ+ community.
- With regard to therapist fees, where a range is listed (e.g. 100-130), these most often reflect the rates for individual versus couples' work. Sometimes a range might indicate a sliding scale option.
- This database is updated once yearly in the early Winter.
- Queer and trans therapists who want to be added to our TQTT mailing list can send a blank email to: tqtt+subscribe@googlegroups.com Moderators of this mailing list are: Jen Horak hello@jenhorak.com and Jenn Seeley jenn@jennseeley.com

Acronym and Credential Guide

AOP Anti-oppressive practice
AR/AO Anti-racist / anti-oppressive practice
BA Bachelor of Arts
BIPOC Black, Indigenous, and people-of-colour
BFA Bachelor of Fine Arts
BMT Bachelor of Music Therapy
BSc Bachelor of Science
BSW Bachelor of Social Work
CAWC Career and Work Counsellor
CBT Cognitive behavioural therapy
CCC Canadian Certified Counsellor
C.Psych Certified/registered psychologist
C-PTSD Complex post-traumatic stress disorder
CPT Cognitive processing therapy
CSCP Certified Spiritual Care Practitioner
CYC Child & Youth Counsellor
DBT Dialectical behaviour therapy
DDP Dyadic developmental psychotherapy
EFT Emotion-focussed therapy
EEFT Emotion-focussed family therapy
EMDR Eye movement desensitization and reprocessing
ExAT Expressive Arts Therapist
FIPA Fellow of the International Psychoanalytic Association
MA Master of Arts
MBA Master of Business Administration

MB-CBT Mindfulness-based cognitive behavioural therapy
MC Master of Counselling
MEd Master of Education
MDiv Master of Divinity
MMT Master of Music Therapy
MPS Master of Pastoral Studies
MSc Master of Science
MSW Master of Social Work
PACT Psychological Approach to Couples Therapy
PhD / PsyD / Ed D Doctorate Degree
R. Psych Registered Psychologist
R.D. Psych Registered Doctoral Psychologist
RN Registered Nurse
RP Registered Psychotherapist
RP (Qualifying) Registered Psychotherapist being supervised
RSW Registered Social Worker
SFBT Solution Focused Brief Therapy
SSW Social Service Worker
TIP Toronto Institute of Psychoanalysis
TIRP Toronto Institute for Relational Psychotherapy

Glossary of Therapies & Terms

Acceptance Commitment Therapy encourages people to embrace their thoughts and feelings rather than fighting or feeling guilty for them. ACT develops psychological flexibility and is a form of behavioral therapy that combines mindfulness skills with the practice of self-acceptance. When aiming to be more accepting of your thoughts and feelings, commitment plays a key role.

Attachment-based therapy is a process-oriented form of psychological counseling. The client-therapist relationship is based on developing or rebuilding trust and centers on expressing emotions. The process examines early attachment experiences with primary caregivers, usually with parents, and the client's ability to form healthy emotional and physical relationships as an adult. Attachment-based therapy aims to build or rebuild a trusting, supportive relationship that will help prevent or treat anxiety or depression.

Attachment-based family therapy is a trauma-focused, emotion-focused psychotherapy model that addresses adolescent mental health issues by repairing attachment ruptures. Family relationships are strengthened by addressing intergenerational attachment patterns, increasing parental attunement and sensitivity to their child's struggles and supporting the young person to develop a coherent and integrated attachment and mental health narrative.

Brainspotting is a neuroscience-informed treatment that targets the brain's natural healing mechanisms, using specific eye positions, focused mindfulness and a relationally attuned therapeutic relationship to address mental health issues and process traumatic material held in the nervous system

Compassion-focused therapy aims to help promote mental and emotional healing by encouraging people in treatment to be compassionate toward themselves and other people while challenging self-criticism.

Cognitive behavioural therapy focuses specifically on the problems and difficulties we are facing in the present, rather than the past. CBT focuses on the thoughts, beliefs and attitudes we hold (our cognitive processes) and how this interacts with our behaviour to create our emotional problems.

Cognitive processing therapy is a specific type of cognitive behavioral therapy that has been effective in reducing symptoms of PTSD that have developed after experiencing a variety of traumatic events including child abuse, combat, rape and natural disasters.

Dialectical behaviour therapy is a form cognitive behavioural therapy that emphasizes mindfulness, validation of all emotions and a philosophy of dialectics (e.g., seemingly opposite things can all be true). Like CBT, it is behavioural and emphasizes skills training. It was initially developed for individuals with "borderline personality disorder" who solve their distress with self-injury or suicidal behaviours. It's now used with many other populations who navigate emotion dysregulation.

Dyadic developmental psychotherapy is a therapy, parenting approach and model for practice that uses what we know about attachment and developmental trauma to help children and families with their relationships.

Emotion-focused therapy is a short-term form of therapy that focuses on adult relationships and attachment/bonding. The therapist and clients look at patterns in the relationship and take steps to create a more secure bond and develop more trust to move the relationship in a healthier, more positive direction.

Emotion focused family therapy is a newer approach for supporting families throughout the life cycle, to deal with challenging life transitions, or mental health challenges affecting family members. EFFT works to help your family experience greater understanding, emotional connection, empathy and overall wellbeing. EFFT utilizes emotion coaching, behaviour coaching, relationship repair and other techniques to positively manage emotions and stress, while increasing positive mood states and overall family cohesion.

Emotionally focused family therapy seeks to create a feeling of trust, mutual respect, and strong communication within families. When all family members feel emotionally secure in family discussions, together they are able to discuss issues and disclose feelings. With each member feeling heard and validated, the family can work together to find solutions to problems and build individual relationships between all members.

Eye movement desensitization and reprocessing (EMDR) therapy is based on the idea that negative thoughts, feelings and behaviours are the result of unprocessed memories. The treatment involves standardized procedures that include focusing simultaneously on (a) spontaneous associations of traumatic images, thoughts, emotions and bodily sensations and (b) two-sided stimulation that is most commonly in the form of repeated eye movements.

Existential therapy is a unique form of psychotherapy that looks to explore difficulties from a philosophical perspective. Focusing on the human condition as a whole, existential therapy highlights our capacities and encourages us to take responsibility for our successes.

Expressive arts therapy may incorporate writing, drama, dance, movement, painting, and/or music. People utilizing expressive arts therapy are supported to explore their responses, reactions, and insights through pictures, sounds, explorations, and encounters with art processes. A person is not required to have artistic ability to use or benefit from this therapy.

Feminist therapy is rooted in the understanding that women (and other marginalized groups) may experience mental health issues as a result of psychological oppression. In therapy, clients that have been marginalized might address the limitations experienced due to the sociopolitical status often imposed upon them and explore solutions to treat mental health needs and work toward social change and individual resilience.

Generative Somatics Lineage is a politicized theory and methodology of embodied change and transformation for individuals and groups.

Gestalt therapy focuses on helping the individual become more self-aware. The therapist may use experiments such as creating patterns with objects and role-playing to help promote client's awareness. As the individual talks through and explores their thoughts and feelings, they are also encouraged to notice their physical and emotional responses that may have provided barriers to communication with others.

Humanistic therapy is a mental health approach that emphasizes the importance of being your true self in order to lead the most fulfilling life. It's based on the principle that everyone has their own unique way of looking at the world.

Humanist-existential approaches share a belief that people have the capacity for self-awareness and choice. The therapist emphasizes growth and self-actualization rather than curing diseases or alleviating disorders.

Hypnotherapy (or hypnosis) uses guided relaxation, intense concentration, and focused attention to achieve a heightened state of awareness that is sometimes called a trance. The person's attention is so focused while in this state that anything going on around the person is temporarily blocked out or ignored. In this naturally

occurring state, a person may focus their attention -- with the help of a trained therapist -- on specific thoughts or tasks.

Internal Family Systems assumes each individual possesses a variety of sub-personalities, or "parts," and attempts to get to know each of these parts better to achieve healing. By learning how different parts function as a system and how the overall system reacts to other systems and other people, people in therapy can often become better able to identify the roots of conflict, manage any complications arising, and achieve greater well-being.

Interpersonal psychotherapy understands symptoms (the client's presenting problem) as a response to current difficulties in everyday relationships with other people. IPT focuses on four areas: 1) conflict in relationships that is a source of tension and distress 2) life changes, such as job loss or the birth of a child, that affect people's feelings about themselves and others 3) grief and loss 4) difficulties in starting or sustaining relationships.

Mindfulness-based therapy is a conscious awareness of our present moment. This includes openness and non-judgment about the experience. It is often coupled with other types of therapy, such as CBT, DBT, and ACT. Mindfulness therapy is not concerned with relaxation, though that might be a result of certain practices. The focus is on increasing our awareness of the thoughts, feelings, and actions that hinder our progress. When we are better able to do that, we can engage with those aspects of ourselves, learn to tweak our language, and choose how to respond.

Motivational interviewing is an approach that is a directive, client-centered counseling style designed for eliciting behavior change by helping clients to explore and resolve ambivalence.

Narrative therapy is a method of therapy that separates a person from their problem. It encourages people to rely on their own skills to minimize problems that exist in their lives. Throughout life, personal experiences become personal stories. People give these stories meaning, and the stories help shape a person's identity. Narrative therapy uses the power of these stories to help people discover their life purpose.

Parts work therapy attends to the conflicts between parts that when left unresolved can sabotage your efforts toward healing. For example, within therapy there are times when you might be attempting to work through a difficult or traumatic memory. Even though you are ready to heal, there might be a part of you that interferes with the process in an attempt to protect you from vulnerable feelings that feel threatening to your sense of self.

Person-centred (or client-centred) psychotherapy uses a non-authoritative approach that allows clients to take more of a lead in discussions so that, in the process, they will discover their own solutions. The therapist acts as a compassionate facilitator, listening without judgment and acknowledging the client's experience without moving the conversation in another direction. The therapist is there to encourage and support the client and to guide the therapeutic process without interrupting or interfering with the client's process of self-discovery.

Psychodynamic and psychoanalytic therapy stresses the importance of the unconscious and past experience in shaping current behaviour. By encouraging individuals to explore unresolved issues and to talk about important people and relationships in their life they can increase their self-awareness and understanding of how the past is influencing present problems.

Relational psychotherapy is an approach that can help individuals recognize the role relationships play in the shaping of daily experiences, attempts to help people understand patterns appearing in the thoughts and feelings they have toward themselves.

Restorative justice is an alternative mediation approach that allows victims, offenders and their respective family members and friends to come together to explore how everyone has been affected by an offense or conflict and, when possible, to decide how to repair the harm. Victims can say how the crime or conflict affected them and ask the offender questions.

Sensorimotor Psychotherapy is a body-centered approach that aims to unresolved trauma and attachment issues. While traditional talk therapies utilize the words of a person as the entry point for treatment, this type of therapy depends on the bodily experiences of the individual as a gateway to awareness and improved mental health.

Sex therapy is a type of talk therapy that's designed to help individuals and couples address medical, psychological, personal, or interpersonal factors impacting sexual satisfaction. This includes working through sexual trauma. The goal of sex therapy is to help people move past physical and emotional challenges to have a satisfying relationship and pleasurable sex life. These challenges can also include difficulty with a person's sexual orientation or gender identity.

Schema therapy focuses on identifying and changing specific unhealthy ways of thinking. The therapy includes some elements that are traditional parts of cognitive-behavioral therapy (CBT) but also includes some elements of other types of psychotherapy. Schemas are broad and pervasive patterns of thinking and behavior. These are more than just beliefs; schemas are deeply held patterns that are closely related to our sense of self and view of the world. Schema theory proposes that schemas are triggered when events happening in our current life resemble those from our past that were related to the formation of the schema. If we have developed unhealthy schemas because of difficult experiences in our childhood, we will resort to unhealthy ways of thinking and behave in response to this new situation.

Solution-focused brief therapy places focus on a person's present and future circumstances and goals rather than past experiences. In this goal-oriented therapy, the symptoms or issues bringing a person to therapy are typically not targeted.

Somatic experiencing/therapy is a form of alternative therapy aimed at relieving the symptoms of post-traumatic stress disorder and other mental and physical trauma-related health problems by focusing on the client's perceived body sensations.

Systemic therapy is a generic term for family therapy and helps understand how a family has become stuck in a pattern of interaction. It focuses on the context and networks of significant relationships within which people live their lives.

The Safe and Sound Protocol is based on Polyvagal theory and delivered via music; this brief nervous system intervention uses the middle ear muscles/the vagus nerve to shift the client's nervous system out of sympathetic activation (fight/flight/freeze) and into more regulation. Once a more balanced physiological state is achieved, clients can better use and integrate other therapies.

Transactional-analysis is a form of modern psychology that examines a person's relationships and interactions. It can be used to address one's interactions and communications with the purpose of establishing and reinforcing the idea that each individual is valuable and has the capacity for positive change and personal growth.

Trauma-informed approaches bring to light an awareness of the widespread impact of trauma on life experience and relationships. It recognizes trauma's role in the outlook, emotions and behavior of a person with a trauma history.

Trauma Informed Stabilization Treatment is a trauma-focused, neuroscience-based approach that integrates structural dissociation theory, Sensorimotor Psychotherapy, ego states techniques, mindfulness-based techniques and Internal Family Systems work

Vocational counselling helps people identify suitable career options based on their preferences and interests, aptitude for training, hobbies, and transferable skill



AGNIESZKA (AGA) FORFA, MSW *SHE/HER*

TRAINING & APPROACH

SOMATIC EXPERIENCING

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

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



OFFER CLINICAL SUPERVISION: NO

ALEX NORRIS, MSW, RSW *THEY/THEM*

TRAINING & APPROACH

140

NARRATIVE THERAPY

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

T: 1-888-577-5772 | **E:** alexnorristerapy@gmail.com
W: psychologytoday.com/ca/therapists/alex-norris-toronto/795045



OFFER CLINICAL SUPERVISION: NO

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=21836



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

ALEJANDRA LINDAN, RP *SHE/HER*

TRAINING & APPROACH

\$160-\$210 (80 MIN SESSIONS)

POLITICIZED, SOMATICS-INFORMED DBT

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

T: (647) 968-7628 | **E:** alejandra@lindan.ca
W: lindanpsychotherapy.com



OFFER CLINICAL SUPERVISION: NO

ALEX ZEBELJAN, RP(QUALIFYING) *SHE/THEY*

TRAINING & APPROACH

\$40-80

I TAKE A CLIENT-CENTERED APPROACH THAT IS CULTURALLY RESPECTFUL AND NON-JUDGEMENTAL. MY GOAL IS TO MAKE EVERY CLIENT FEEL SEEN, HEARD, AND VALUED AS THEY ARE, REGARDLESS OF THEIR SEXUALITY, GENDER, ETHNICITY AND BELIEFS.

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

T: (226) 887-8644 | **E:** alex@charlottepidgeon.com
W: charlottepidgeon.com/lowcosttherapy



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

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

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 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

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



OFFER CLINICAL SUPERVISION: NO

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

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: andreafaveri.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



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

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

TRAINING & APPROACH \$140

LGBTQIA+ THERAPY, SOLUTION-FOCUSED, EXPERIENTIAL THERAPY, CBT PSYCHODYNAMIC, NARRATIVE THERAPY

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

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

W: charlottepidgeon.com/ari



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

OFFER CLINICAL SUPERVISION: YES



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

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:** antoncorvus@proton.me

W: interwoven-souls.ca



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

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: none currently



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

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

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-MONOGRAMY, 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

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

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

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@enviroidesic.com

W: brucesmall.com



OFFER CLINICAL SUPERVISION: NO

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

BOB WALLACE, MSW, RSW *HE/HIM*

TRAINING & APPROACH 140-160

ATTACHMENT, TRAUMA INFORMED, MINDFULNESS

SERVICE: VIRTUAL | OTHER LANGUAGES: N/A

T: (416) 937-5766 | E: rwallace876@yahoo.com

W: bobwallace.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



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

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

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-ton/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 FOR FAMILIES (SLIDING SCALE PRIORITIZING 2S QTBIPOC FOLKS)
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

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-lachowskyj/



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

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

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: umhn.ca



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

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)
ECLECTIC, ANTI-OPPRESSIVE, CBT, CPT, DBT, FEMINIST, EMDR

SERVICE: VIRTUAL | **OTHER LANGUAGES:** FRENCH

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



OFFER CLINICAL SUPERVISION: NO

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

*MUSIC THERAPY ACCREDITED

TRAINING & APPROACH \$150 (SLIDING SCALE AVAILABLE)
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

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@daniellelancaftertherapy.com

W: daniellelancaftertherapy.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

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



OFFER CLINICAL SUPERVISION: YES

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

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

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 | Instagram: @queerart.therapy



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



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

DILLON KATRYCZ, RP (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

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



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

ELIZABETH MENS, RN PSYCHOTHERAPIST *SHE/THEY*

TRAINING & APPROACH \$130-150

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 TO \$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

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



OFFER CLINICAL SUPERVISION: NO

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 OPTIONS)

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

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

TRAINING & APPROACH \$150-205

I AM WORKING PRIMARILY WITH REFUGEE CLAIMANTS, YOUTH (16-29), 2SLGBTQ+ INDIVIDUALS, NEWCOMERS. I AM USING AN ANTI-OPPRESSIVE, TRAUMA-INFORMED, NON-JUDGMENTAL, CLIENT-CENTERED APPROACH WITH WARM INTERPERSONAL SKILLS. I USE 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: VIRTUAL | **OTHER LANGUAGES:** N/A

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

W: erinnovatherapy.com



OFFER CLINICAL SUPERVISION: NO

EZRA CAKE, RP, BA, DIP – GESTALT *THEY/THEM*

TRAINING & APPROACH \$170

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/941167



OFFER CLINICAL SUPERVISION: NO

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

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/1072184



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

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@gisellegosttherapy.com

W: gisellegosttherapy.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

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

W:



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 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, BA, MEd, RP, *THEY/THEM*

TRAINING & APPROACH \$145-155

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

HEATH MCGUIRE, MSW RSW *THEY/THEM*

TRAINING & APPROACH \$150 FOR INDIV, \$200 FOR 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

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



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, RP, DipGIT, M.Sc. *THEY/THEM*

TRAINING & APPROACH \$150-200

RELATIONAL, EMBODIED GESTALT. ANTI-OPPRESSION. DBT, HARM REDUCTION, PSYCHEDELICS.

SERVICE: VIRTUAL | **OTHER LANGUAGES:** FRENCH, SPANISH, ITALIAN

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

W: railcitytherapy.com



OFFER CLINICAL SUPERVISION: NO

IMOGEN TAM, MSW *SHE/THEY*

TRAINING & APPROACH \$150 (SLIDING SCALE AVAILABLE)

HOLISTIC APPROACH INFORMED BY ELEMENTS OF 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/ 

OFFER CLINICAL SUPERVISION: NO

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

JACUB FERNANDES, BSc, BA, RP *HE/HIM*

TRAINING & APPROACH \$80-140

RELATIONAL, SENSORIMOTOR, DBT, CBT, ATTACHMENT-FOCUSED

SERVICE: VIRTUAL | OTHER LANGUAGES: N/A

T: (416) 500-9721 | E: jacubfernandes@gmail.com

W: elephanttherapy.com 

OFFER CLINICAL SUPERVISION: YES

JAMES BROWN, BA, MPS, DIPL-GESTALT, 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

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

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 \$100

GESTALT, RELATIONAL, HUMANISTIC, TRAUMA-INFORMED

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

T: N/A | E: jamie.t.doerksen@gmail.com 

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

OFFER CLINICAL SUPERVISION: YES

JARED KOVACS, RP (QUALIFYING) HE/HIM

TRAINING & APPROACH SLIDING SCALE (\$110-\$135)
EMOTION FOCUSED, NARRATIVE, CBT/DBT, INTEGRATIVE SOMATIC THERAPY

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

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

W: jaredkovacstherapy.com 

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 

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

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

JASPER BRYAN, EXAT HE/THEY

TRAINING & APPROACH 120, 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 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 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

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) 540-6198 | **E:** jenniferhenderson.therapy@gmail.com

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

OFFER CLINICAL SUPERVISION: NO

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

TRAINING & APPROACH \$180

EMDR-IA CERTIFIED, 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

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

JESSE LAWThER, 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



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



OFFER CLINICAL SUPERVISION: NO

JOHN NGUYEN, MscOT, OT REG. HE/HIM

OCCUPATIONAL THERAPIST

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

JOSHUA LEWIS, RP, CT HE/THEY

\$120 INDIV (50MIN); \$160+HST COUPLES (60MIN)

TRAINING & APPROACH

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

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

JULIE GUTERRES, BSW, MSW, RSW SHE/HER

\$160 INDIV (50MIN); \$190+HST COUPLES (60MIN)

TRAINING & APPROACH

RELATIONAL, NARRATIVE, INTERNAL FAMILY SYSTEMS, DBT

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

DBT SKILLS, MINDFULNESS, ACCEPTANCE AND COMMITMENT THERAPY
SOMATIC AND NERVOUS-SYSTEM REGULATION STRATEGIES
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



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

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

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

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



OFFER CLINICAL SUPERVISION: NO

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

TRAINING & APPROACH \$150 INDIVIDUAL, \$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



OFFER CLINICAL SUPERVISION: NO

KATHARINE KING, MA, RP *SHE/HER*

TRAINING & APPROACH \$145-185 (INCLUDING HST)

RELATIONAL, PSYCHODYNAMIC, CBT, CBT-I, MBCT, COUPLES, SUPERVISION

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

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

W: kingpsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

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 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


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/1117861 

OFFER CLINICAL SUPERVISION: YES

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

OFFER CLINICAL SUPERVISION: NO 

KIRSTEN JOHNSON, RP, BSC, DIP TIRP *SHE/HER*

TRAINING & APPROACH

\$120-\$150

RELATIONAL, PSYCHODYNAMIC

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

T: (416) 829-0527 | **E:** kirsten@beyondthebluetherapy.com

W: beyondthebluetherapy.com 

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

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

TRAINING & APPROACH

\$125/50 MINUTES (HST INCLUDED)

PSYCHODYNAMIC PSYCHOTHERAPY, TRAUMA-INFORMED THERAPIES (INCLUDING TIST), AND IN SOMATIC THERAPIES (WORKING WITH THE BRAIN, NERVOUS SYSTEM, AND BODY). I WORK WITH AN 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 

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/ 

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

120 STANDARD, 80 SLIDING SCALE

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/1157257 

OFFER CLINICAL SUPERVISION: NO

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, MA, RP *SHE/HER*

TRAINING & APPROACH \$120-160

PSYCHOANALYTIC, AOP, PSYCHODYMANIC

SERVICE: | OTHER LANGUAGES: N/A

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



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

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

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: liamlskinner@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-to-on/838999



OFFER CLINICAL SUPERVISION: NO

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

EXCELERATOR ESSENTIALS - NON-DIRECTIVE COACHING
MASTER OF ARTS IN COUNSELLING PSYCHOLOGY (IN PROGRESS)

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

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

TRAINING & APPROACH \$130-150

TRAUMA, SEXUAL CULTURAL IDENTITY, NARRATIVE MINDFULNESS, ANTI OPPRESSION, ANTI COLONIAL

SERVICE: IN-PERSON & VIRTUAL | **OTHER LANGUAGES:** DARI, FARSI

T: N/A | **E:** mkatirai@therapist.net

W: psychologytoday.com



OFFER CLINICAL SUPERVISION: NO

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

TRAINING & APPROACH \$200 TO \$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, BA, MSW, RSW *SHE/HER*

TRAINING & APPROACH \$100-\$170

SEX POS, CNM/KINK AWARE, ATTACHMENT, RELATIONAL, NARRATIVE, TRAUMA-INFORMED, INTERSECTIONAL, MINDFULNESS, EFT, ANTI-OPPRESSION, HARM REDUCTION

SERVICE: VIRTUAL | **OTHER LANGUAGES:** FRENCH

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

W: villagehealing.ca/marla-schreiber.html



OFFER CLINICAL SUPERVISION: NO

MADISON POWELL MOON *SHE/HER*

THERAPIST-IN-TRAINING (TIRP)

TRAINING & APPROACH \$130 INDIV \$200 COUPLES PER 50 MIN

SEX THERAPY, BDSM AND SEX POSITIVE, RELATIONAL DISABILITY, CLIENT CENTERED, NARRATIVE

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

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

W: therapywithmadison.com



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

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/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

MICHEL'E BERTRAND, EdD RP CCC

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

RELATIONAL, SENSORIMOTOR, PROCESS-EXPERIENTIAL EFT. YOGA-INFORMED. 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

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

MELANIE (MEL) HRYMAK, IN-TRAINING (TIRP) *SHE/THEY*

TRAINING & APPROACH \$60-80

RELATIONAL, INTERSECTIONAL FEMINIST, ANTI-RACIST/ANTI-OPPRESSIVE, ATTACHMENT, TRAUMA-INFORMED

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

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

W: melaniehrymak.com



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



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

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


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

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. POLYAMORPHOUS 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

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

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

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

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

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



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-london/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
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@workinprogressto.ca
W: workinprogressto.ca/team-2



OFFER CLINICAL SUPERVISION: NO

NIKKI SEDAGHAT, MSc, RP *SHE/HER*

TRAINING & APPROACH INDIVIDUALS: \$160 (INCL. HST)
COUPLES: \$190 (INCL. HST)
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

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

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@phoebechin.com

W: phoebechin.com



OFFER CLINICAL SUPERVISION: YES

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

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



OFFER CLINICAL SUPERVISION: NO

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

TRAINING & APPROACH INDIV \$120, COUPLES/PARTNERS \$140

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

OTHER 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

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

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

TRAINING & APPROACH 100-150 (SLIDING SCALE AVAILABLE)

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



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: rayananton.com



OFFER CLINICAL SUPERVISION: NO

RICKY VARGHESE, PhD, MSW, RSW *HE/HIM*

TRAINING & APPROACH \$160.00*

PSYCHODYNAMIC AND PSYCHOANALYTIC, HARM REDUCTION, TRAUMA-INFORMED, SEX-POSITIVE, KINK & POLY-AFFIRMING
*LOWER AND NEGOTIABLE FOR 3X/WEEK PSYCHOANALYSIS

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

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

W: rickyvarghese.org



OFFER CLINICAL SUPERVISION: NO

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

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 / ladyativan.com



OFFER CLINICAL SUPERVISION: YES

RAYMOND MCKIE, MSc, PhD CANDIDATE (CLINICAL PSYCHOLOGY) *HE/HIM*

TRAINING & APPROACH

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

ROBYN BOLIVAR, MEd., RP *SHE/HER*

TRAINING & APPROACH \$130-180

EMOTIONALLY FOCUSED, ATTACHMENT BASED & TRAUMA INFORMED, "PARTS WORK", RELATIONAL, AND ANTI-OPPRESSIVE. POLY (& NON-MONOGRAMOUS), 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



OFFER CLINICAL SUPERVISION: NO

SALIMA ANDANY, BSW, EXAT, SANDTRAY *SHE/HER*

TRAINING & APPROACH

RADICAL INCLUSION POLICY

FEMINIST, BIPOC, DISABILITY, QUEER+ TRAUMA-INFORMED, HUMANIST-EXISTENTIAL, PLURALISTIC, MI, CBT, SFBT, ACT, SCHEMA, BODY NORMATIVE, EXAT & SANDTRAY, RELATIONAL, NARRATIVE, ANTI-OPPRESSION, ANTI-COLONIAL, ANTI-RACIST, INTERSECTIONAL, SYSTEMIC, COMPASSION-FOCUSED.

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

T: (647) 286-2227 | **E:** paintitouttherapeuticart@gmail.com

W: instagram.com/paintitouttherapeuticart/



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

\$145+HST (INDIV) \$165+HST (FAMILIES, COUPLES)

TRAINING & APPROACH

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-rootstherapy/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

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

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

SCOTT DUGGAN, PH.D. 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

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

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

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

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 (INCL TAX); SLIDING SCALE AVAILABLE

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

SIMRYN PARMAR, RP (QUALIFYING) *SHE/THEY*

TRAINING & APPROACH 150

INTEGRATIVE APPROACH INCLUDING RELATIONAL, NARRATIVE, SOMATIC, EXISTENTIAL, AND COMPASSION-FOCUSED MODALITIES; EFT, PARTS WORK, ACT, EXAT, SOMATIC MINDFULNESS; TRAUMA-INFORMED, INTERSECTIONAL FEMINIST, DISABILITY JUSTICE FRAMEWORKS

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



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

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, RCAT, DTATI RP (QUALIFYING), *THEY/THEM*

TRAINING & APPROACH \$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



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

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

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-ton/967488



OFFER CLINICAL SUPERVISION: NO

TATE SAMESHIMA, BFA, DipTIRP, 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

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

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,
MAGRAW METHOD COUPLE'S INSTITUTE, 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



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

TOBIE MARVEN, MScI, RP *THEY/THEM*

TRAINING & APPROACH \$150 INDIV, \$175 FAMILIES

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

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 BIRRELL, 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



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

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/1087937



OFFER CLINICAL SUPERVISION: NO

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: (289) 210-6249 | **E:** tylerharrispsychotherapy@outlook.com

W: https://www.psychologytoday.com/ca/therapists/tyler-harris-welland-on/855809



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

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-t
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

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, SCALING FEE OFFERED

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


ZAC SCHRAEDER, MA, 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@workinprogresssto.ca

W: psychologytoday.com/ca/therapists/zac-schraeder-toronto/890678 

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

