

# Toronto's Queer & Trans Therapists

Pandemic Edition v2.0



Virtual & In-Person Practice List

Updated: August 2021

**Compiled by Rahim Thawer, MSW, RSW**  
Affective Consulting & Psychotherapy Services  
[affectiveconsult.ca](http://affectiveconsult.ca)

## 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](mailto:tqtt+subscribe@googlegroups.com) Moderators of this mailing list are: Jen Horak [hello@jenhorak.com](mailto:hello@jenhorak.com) and Jenn Seeley [jenn@jennseeley.com](mailto: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 skills.

**AGNIESZKA FORFA** MSW, RSW, SEP (IN-TRAINING - ADVANCED) *(SHE/HER)*

**TRAINING & APPROACH**

SLIDING SCALE

(POLITICIZED) SOMATIC EXPERIENCING, TRAUMA, AOP, MAD JUSTICE, QUEER, IMMIGRANT/MIGRANT TRAUMA, SPIRITUAL, ANTI-COLONIAL, ABOLITIONIST

**SERVICE:** IN-PERSON & VIRTUAL HAMILTON, ON. CANNON & JAMES  
**OTHER LANGUAGES:** N/A

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



OFFER CLINICAL SUPERVISION: No

**ALEJANDRA LINDAN** MMT, RP *(SHE/HER)*

**TRAINING & APPROACH**

\$160-210

POLITICIZED DBT

**SERVICE:** IN-PERSON & VIRTUAL HAMILTON, ON. CANNON & JAMES  
**OTHER LANGUAGES:** N/A

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



OFFER CLINICAL SUPERVISION: No

**ALEX IRWIN** MA, MSW, RSW *(HE/HIM)*

**TRAINING & APPROACH**

\$125

RELATIONAL, ANTI-OPPRESSIVE

**SERVICE:** IN-PERSON & VIRTUAL HAMILTON, ON. CANNON & JAMES  
**OTHER LANGUAGES:** N/A

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



OFFER CLINICAL SUPERVISION: No

**ALI AHMAD** MSW, RSW *(HE/HIM)*

**TRAINING & APPROACH**

\$125/\$150 COUPLES

CBT, MINDFULNESS, TRAUMA INFORMED, SEX THERAPY, EMOTION FOCUSED THERAPY FOR COUPLES, FAITH BASED, CULTURALLY SENSITIVE

**SERVICE:** IN-PERSON & VIRTUAL HAMILTON, ON. CANNON & JAMES  
**OTHER LANGUAGES:** N/A

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**W:** https://ameliasloantherapy.com



OFFER CLINICAL SUPERVISION: No

**ALI SAUER** MA, MEd, RP *(SHE/HER)*

**TRAINING & APPROACH**

\$120 - 140

SOMATIC THERAPY, BRAINSPOTTING, RELATIONAL, NARRATIVE, TRAUMA-INFORMED, ATTACHMENT-FOCUSED

**SERVICE:** IN-PERSON & VIRTUAL HAMILTON, ON. CANNON & JAMES  
**OTHER LANGUAGES:** N/A

**T:** | **E:** ameliasloantherapy@gmail.com  
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OFFER CLINICAL SUPERVISION: No

**ALISON JAMES** MA, RP *(SHE/HER)*

**TRAINING & APPROACH**

\$125-185

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

**SERVICE:** IN-PERSON & VIRTUAL HAMILTON, ON. CANNON & JAMES  
**OTHER LANGUAGES:** N/A

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**W:** https://ameliasloantherapy.com



OFFER CLINICAL SUPERVISION: No

**AMBROSE KIRBY** RP *(HE/HIM)*

**TRAINING & APPROACH**

\$125

EMBODIED RELATIONAL GESTALT, RELATIONAL ANTI-OPPRESSION

**SERVICE:** IN-PERSON & VIRTUAL HAMILTON, ON. CANNON & JAMES  
**OTHER LANGUAGES:** N/A

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OFFER CLINICAL SUPERVISION: No

**AMELIA SLOAN** RP, RN *(SHE/THEY)*

**TRAINING & APPROACH**

\$100-155

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

**SERVICE:** IN-PERSON & VIRTUAL HAMILTON, ON. CANNON & JAMES  
**OTHER LANGUAGES:** N/A

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



OFFER CLINICAL SUPERVISION: No



**ANABEL KHOO** RP (QUALIFYING) *(SHE/THEY)*

**TRAINING & APPROACH** \$175

BIPOC, TRAUMA, SOMATIC, PSYCHODYNAMIC, ATTACHMENT/RELATIONAL, PARTS WORK, EXPRESSIVE ARTS, SPIRITUAL.

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

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

W: www.asimtherapy.com



OFFER CLINICAL SUPERVISION: No

**ANDER NEGRAZIS** RP *(THEY/THEM)*

**TRAINING & APPROACH** \$40-200

NEURODIVERGENCE (AUTISM, LEARNING DISABILITIES, ADHD) & GENDER DIVERGENCE. ANTI-O, SYSTEMIC, TRAUMA-INFORMED, RELATIONAL, NARRATIVE, CBT

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

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

W: www.asimtherapy.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: VIRTUAL

OTHER LANGUAGES: N/A

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

W: www.asimtherapy.com



OFFER CLINICAL SUPERVISION: No

**ANDREW MIAO** MSW, RSW *(HE/HIM)*

**TRAINING & APPROACH** \$140

NARRATIVE THERAPY, ACT, DBT, TRAUMA-INFORMED, ANTI-OPPRESSIVE, MINDFULNESS

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

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

W: www.asimtherapy.com



OFFER CLINICAL SUPERVISION: No

**ANDREW ROSS** MSW, RSW *(HE/HIM)*

**TRAINING & APPROACH** \$140-\$150

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

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

W: www.asimtherapy.com



OFFER CLINICAL SUPERVISION: No

**ANGELA ROBINSON** PhD, RP (QUALIFYING) *(SHE/HER)*

**TRAINING & APPROACH**

CHILD/ADOLESCENT PSYCHODYNAMIC PSYCHOTHERAPY, PLAY THERAPY

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

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

W: www.asimtherapy.com



OFFER CLINICAL SUPERVISION: No

**ASHRAF AHMED** PhD, C.Psych/REGISTERED PSYCHOLOGIST *(HE/HIM)*

**TRAINING & APPROACH** \$200

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

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

W: www.asimtherapy.com



OFFER CLINICAL SUPERVISION: No

**ASIM ASHRAF** MEd, RP (QUALIFYING) *(HE/HIM)*

**TRAINING & APPROACH** \$90-180

CBT, EFT, CYBER-COUNSELLING, AOP, TRAUMA-INFORMED

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

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

W: www.asimtherapy.com



OFFER CLINICAL SUPERVISION: No

**ATIA HAQ** RP (SHE/HER)

**TRAINING & APPROACH** \$100

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

SERVICE: VIRTUAL YONGE AND CHURCH  
OTHER LANGUAGES: N/A

T: 647-483-7100 | E: info@briankonik.com  
W: http://www.briankonik.com



OFFER CLINICAL SUPERVISION: No

**BARBARA MANCINI** PhD, C.PSYCH/REGISTERED PSYCHOLOGIST (SHE/HER)

**TRAINING & APPROACH** \$200-\$250

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

SERVICE: VIRTUAL YONGE AND CHURCH  
OTHER LANGUAGES: N/A

T: 647-483-7100 | E: info@briankonik.com  
W: http://www.briankonik.com



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH** \$100-140

PSYCHODYNAMIC PSYCHOANALYTIC PSYCHOTHERAPY. FOCUS: SEXUALITY/TRAUMA

SERVICE: VIRTUAL YONGE AND CHURCH  
OTHER LANGUAGES: N/A

T: 647-483-7100 | E: info@briankonik.com  
W: http://www.briankonik.com



OFFER CLINICAL SUPERVISION: No

**BECCA PEARL** MEd, RP (THEY/SHE)

**TRAINING & APPROACH** \$100

AOP, TRAUMA, RELATIONAL, ATTACHMENT, IFS, SENSORIMOTOR

SERVICE: VIRTUAL YONGE AND CHURCH  
OTHER LANGUAGES: N/A

T: 647-483-7100 | E: info@briankonik.com  
W: http://www.briankonik.com



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: VIRTUAL YONGE AND CHURCH  
OTHER LANGUAGES: N/A

T: 647-483-7100 | E: info@briankonik.com  
W: http://www.briankonik.com



OFFER CLINICAL SUPERVISION: No

**BOB WALLACE** MSW, RSW (HE/HIM)

**TRAINING & APPROACH** 140-160

ATTACHMENT, TRAUMA INFORMED, MINDFULNESS

SERVICE: VIRTUAL YONGE AND CHURCH  
OTHER LANGUAGES: N/A

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W: http://www.briankonik.com



OFFER CLINICAL SUPERVISION: No

**BRENDA PONIC** MSW, RSW (SHE/HER)

**TRAINING & APPROACH** \$150

INTERNAL FAMILY SYSTEMS, SENSORIMOTOR, TRAUMA, ATTACHMENT, CBT

SERVICE: VIRTUAL YONGE AND CHURCH  
OTHER LANGUAGES: N/A

T: 647-483-7100 | E: info@briankonik.com  
W: http://www.briankonik.com



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH** \$145

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

SERVICE: VIRTUAL YONGE AND CHURCH  
OTHER LANGUAGES: N/A

T: 647-483-7100 | E: info@briankonik.com  
W: http://www.briankonik.com



OFFER CLINICAL SUPERVISION: No

**BRUCE SMALL** MEd, RP (HE/HIM)

**TRAINING & APPROACH** \$75-150

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

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-525-3586 | **E:** christiengarcia@gmail.com

**W:** www.christiengarcia.com



OFFER CLINICAL SUPERVISION: No

**CALIXTE RENAUD** THERAPIST-IN-TRAINING (TIRP) (SHE/HER)

**TRAINING & APPROACH** \$110

RELATIONAL, FEMINIST, BDSM-KINK AFFIRMING, POLY-AFFIRMING, SEX WORKER AFFIRMING, SEX POSTIVE, ANTI-RACIST, PARTS WORKS, SJ INFORMED, PSYCHODYNAMIC, ATTACHMENT

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-525-3586 | **E:** christiengarcia@gmail.com

**W:** www.christiengarcia.com



OFFER CLINICAL SUPERVISION: No

**CARLY BOYCE** MSW, RSW (SHE/THEY)

**TRAINING & APPROACH** \$75-150

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

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-525-3586 | **E:** christiengarcia@gmail.com

**W:** www.christiengarcia.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:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-525-3586 | **E:** christiengarcia@gmail.com

**W:** www.christiengarcia.com



OFFER CLINICAL SUPERVISION: No

**CARRIE LAWFORD** MSW, RSW (THEY/THEM)

**TRAINING & APPROACH** \$140-150

INTEGRATIVE, RELATIONAL, ATTACHMENT, PSYCHODYNAMIC, TRAUMA

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-525-3586 | **E:** christiengarcia@gmail.com

**W:** www.christiengarcia.com



OFFER CLINICAL SUPERVISION: No

**CHERYL CHAMPAGNE** MEd, RP (SHE/HER)

**TRAINING & APPROACH** \$160-180

INTERNAL FAMILY SYSTEMS, TRAUMA INFORMED, MINDFULNESS BASED

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-525-3586 | **E:** christiengarcia@gmail.com

**W:** www.christiengarcia.com



OFFER CLINICAL SUPERVISION: No

**CHRIS MILLER** RP (QUALIFYING) (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:** 647-525-3586 | **E:** christiengarcia@gmail.com

**W:** www.christiengarcia.com



OFFER CLINICAL SUPERVISION: No

**CHRISTEN GARCIA** PhD. THERAPIST-IN-TRAINING (TIRP) (HE/HIM)

**TRAINING & APPROACH** \$75-100

PSYCHODYNAMIC, PSYCHOANALYTIC, HARM REDUCTION, KINK & POLY AFFIRMING

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-525-3586 | **E:** christiengarcia@gmail.com

**W:** www.christiengarcia.com



OFFER CLINICAL SUPERVISION: No

**CHRISTINE (CHRISTY) OGLEY** MSW, RSW *(SHE/HER)*

**TRAINING & APPROACH**

\$120-170

CBT, DBT, ANTI-OPPRESSIVE, TRAUMA-INFORMED, MOTIVATIONAL INTERVIEWING, SOLUTION-FOCUSED, FEMINIST, STRENGTHS-BASED, RELATIONSHIP DIFFICULTIES/VIOLENCE, JUSTICE SYSTEM INVOLVEMENT, MENTAL HEALTH

**SERVICE:** IN-PERSON & VIRTUAL DANFORTH - CARROT COMMON

**OTHER LANGUAGES:** N/A

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

**W:** davidprendergast.com



OFFER CLINICAL SUPERVISION: No

**CHRISTOPHER HADDEN** MSW, RSW *(HE/HIM)*

**TRAINING & APPROACH**

\$150

CBT, INTERPERSONAL, PSYCHODYNAMIC, TRAUMA INFORMED

**SERVICE:** IN-PERSON & VIRTUAL DANFORTH - CARROT COMMON

**OTHER LANGUAGES:** N/A

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

**W:** davidprendergast.com



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH**

\$75-165

SCHEMA THERAPY/CBT, PSYCHODYNAMIC, EXISTENTIAL, NARRATIVE, TRAUMA-INFORMED

**SERVICE:** IN-PERSON & VIRTUAL DANFORTH - CARROT COMMON

**OTHER LANGUAGES:** N/A

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

**W:** davidprendergast.com



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH**

\$135-175

NARRATIVE, SOLUTION, MCBT, DBT

**SERVICE:** IN-PERSON & VIRTUAL DANFORTH - CARROT COMMON

**OTHER LANGUAGES:** N/A

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

**W:** davidprendergast.com



OFFER CLINICAL SUPERVISION: No

**DAN BEVAN-BAKER** MA, MTA (MUSIC THERAPIST ACCREDITED) *(HE/HIM)*

**TRAINING & APPROACH**

\$80-100

MUSIC THERAPY, MUSIC PSYCHOTHERAPY, HUMANISTIC, FEMINIST, ANTI-OPPRESSIVE

**SERVICE:** IN-PERSON & VIRTUAL DANFORTH - CARROT COMMON

**OTHER LANGUAGES:** N/A

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

**W:** davidprendergast.com



OFFER CLINICAL SUPERVISION: No

**DANIEL PUGH** BSW, MSW, RSW *(HE/HIM)*

**TRAINING & APPROACH**

\$110

CBT, DBT, EFT, M-EFT, MINDFULNESS, INTEGRATIVE, TRAUMA RECOVERY/RESILIENCE, SOLUTION-FOCUSED, ATTACHMENT, ARAO, HARM REDUCTION, SEX

**SERVICE:** IN-PERSON & VIRTUAL DANFORTH - CARROT COMMON

**OTHER LANGUAGES:** N/A

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

**W:** davidprendergast.com



OFFER CLINICAL SUPERVISION: No

**DAVID MOULTON** RP *(HE/HIM)*

**TRAINING & APPROACH**

\$155

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

**SERVICE:** IN-PERSON & VIRTUAL DANFORTH - CARROT COMMON

**OTHER LANGUAGES:** N/A

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

**W:** davidprendergast.com



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH**

\$120

CBT, EFT, NARRATIVE THERAPY AND MINDFULNESS

**SERVICE:** IN-PERSON & VIRTUAL DANFORTH - CARROT COMMON

**OTHER LANGUAGES:** N/A

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

**W:** davidprendergast.com



OFFER CLINICAL SUPERVISION: No

**DAVID W. ROUTLEDGE** MSW, RSW *(/)*

**TRAINING & APPROACH** \$140

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

SERVICE: IN-PERSON & VIRTUAL

OTHER LANGUAGES: N/A

T: 9054392361 | E: psychotherapywithdiane@gmail.com

W: www.psychotherpaywithdianecassidy.com



OFFER CLINICAL SUPERVISION: YES

**DAWN SHICKLUNA** MA, MEd, PhD, RP *(SHE/HER)*

**TRAINING & APPROACH** \$140-180

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

SERVICE: IN-PERSON & VIRTUAL

OTHER LANGUAGES: N/A

T: 9054392361 | E: psychotherapywithdiane@gmail.com

W: www.psychotherpaywithdianecassidy.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: IN-PERSON & VIRTUAL

OTHER LANGUAGES: N/A

T: 9054392361 | E: psychotherapywithdiane@gmail.com

W: www.psychotherpaywithdianecassidy.com



OFFER CLINICAL SUPERVISION: YES

**DEBB BERTAZZON** MA, CYC, RP *(SHE/HER)*

**TRAINING & APPROACH** \$120

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: 9054392361 | E: psychotherapywithdiane@gmail.com

W: www.psychotherpaywithdianecassidy.com



OFFER CLINICAL SUPERVISION: YES

**DEBORAH PHOENIX** RP *(SHE/HER)*

**TRAINING & APPROACH** \$100 +HST

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

SERVICE: IN-PERSON & VIRTUAL

OTHER LANGUAGES: N/A

T: 9054392361 | E: psychotherapywithdiane@gmail.com

W: www.psychotherpaywithdianecassidy.com



OFFER CLINICAL SUPERVISION: YES

**DEREK CASSIDY** MSW, RSW *(HE/THEY)*

**TRAINING & APPROACH** \$150

EMOTION-FOCUSED THERAPY, NARRATIVE, CBT, DBT SKILLS

SERVICE: IN-PERSON & VIRTUAL

OTHER LANGUAGES: N/A

T: 9054392361 | E: psychotherapywithdiane@gmail.com

W: www.psychotherpaywithdianecassidy.com



OFFER CLINICAL SUPERVISION: YES

**DEREK STRACHAN** MDiv, RP *(HE/HIM)*

**TRAINING & APPROACH** \$120+HST

RELATIONAL, PSYCHODYNAMIC, TRAUMA-INFORMED

SERVICE: IN-PERSON & VIRTUAL

OTHER LANGUAGES: N/A

T: 9054392361 | E: psychotherapywithdiane@gmail.com

W: www.psychotherpaywithdianecassidy.com



OFFER CLINICAL SUPERVISION: YES

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

**TRAINING & APPROACH** \$150

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

SERVICE: IN-PERSON & VIRTUAL

OTHER LANGUAGES: N/A

T: 9054392361 | E: psychotherapywithdiane@gmail.com

W: www.psychotherpaywithdianecassidy.com



OFFER CLINICAL SUPERVISION: YES

**DILLON KATRYCZ** THERAPIST-IN-TRAINING (TIRP) *(HE/THEY)*

**TRAINING & APPROACH**

\$85

RELATIONAL, CLIENT-CENTRED, ANTI-OPPRESSIVE

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

**T:** 437-350-5596 | **E:** fmacleod.msw@gmail.com  
**W:**



OFFER CLINICAL SUPERVISION: No

**DON EDWARDS** PhD, RP *(HE/HIM)*

**TRAINING & APPROACH**

\$140

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

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

**T:** 437-350-5596 | **E:** fmacleod.msw@gmail.com  
**W:**



OFFER CLINICAL SUPERVISION: No

**ELLEN FOWLER** B.Ed, STUDENT THERAPIST (TIRP) *(SHE/THEY)*

**TRAINING & APPROACH**

\$100

RELATIONAL, CLIENT-CENTRED, ARAO, ATTACHMENT & TRAUMA-INFORMED,  
FAT LIB

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

**T:** 437-350-5596 | **E:** fmacleod.msw@gmail.com  
**W:**



OFFER CLINICAL SUPERVISION: No

**ENRIQUE GARCIA** RP (QUALIFYING) *(HE/HIM)*

**TRAINING & APPROACH**

\$90 - \$160

PERSON-CENTRED, GESTALT, TRANSACTIONAL ANALYSIS AND RELATIONAL  
(INDIVIDUALS AND COUPLES)

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

**T:** 437-350-5596 | **E:** fmacleod.msw@gmail.com  
**W:**



OFFER CLINICAL SUPERVISION: No

**ERIN CALLAGHAN** RRSW, DIPL-GESTALT, RP (QUALIFYING) *(SHE/HER)*

**TRAINING & APPROACH**

\$130

RELATIONAL GESTALT, TRAUMA INFORMED, AOP, COMPASSION-FOCUSED

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

**T:** 437-350-5596 | **E:** fmacleod.msw@gmail.com  
**W:**



OFFER CLINICAL SUPERVISION: No

**ERIN ORSZTYNOVA** RP *(SHE/HER)*

**TRAINING & APPROACH**

\$120-140

RELATIONAL, PSYCHODYNAMIC, PSYCHOANALYTIC, TRAUMA-INFORMED

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

**T:** 437-350-5596 | **E:** fmacleod.msw@gmail.com  
**W:**



OFFER CLINICAL SUPERVISION: No

**EZRA CAKE** RP, BA, DIP - GESTALT INSTITUTE OF TORONTO *(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:** IN-PERSON & VIRTUAL QUEEN & DUFFERIN  
**OTHER LANGUAGES:** N/A

**T:** 437-350-5596 | **E:** fmacleod.msw@gmail.com  
**W:**



OFFER CLINICAL SUPERVISION: No

**FINN MACLEOD** MSW, RSW *(THEY/THEM)*

**TRAINING & APPROACH**

\$70-110

RELATIONAL, ANTI-OPPRESSIVE, TRAUMA-INFORMED, NARRATIVE THERAPY,  
SOMATICS, HARM REDUCTION

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

**T:** 437-350-5596 | **E:** fmacleod.msw@gmail.com  
**W:**



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH**

\$150-175

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: [heidicho.therapy@gmail.com](mailto:heidicho.therapy@gmail.com)

W: <https://www.psychologytoday.com/profile/462772>



OFFER CLINICAL SUPERVISION: No

**GISELLE GOS RP** (THEY/THEM)

**TRAINING & APPROACH**

\$150

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: [heidicho.therapy@gmail.com](mailto:heidicho.therapy@gmail.com)

W: <https://www.psychologytoday.com/profile/462772>



OFFER CLINICAL SUPERVISION: No

**GRAIG MORIARTY RP, GIT, UofT, CLHyp.** (HE/HIM)

**TRAINING & APPROACH**

\$120-150

GESTALT/RELATIONAL, SOMATIC-BODYWORK, TRAUMA(ADOPTION, DEVELOPMENTAL), EFT, HYPNOSIS

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: [heidicho.therapy@gmail.com](mailto:heidicho.therapy@gmail.com)

W: <https://www.psychologytoday.com/profile/462772>



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: | E: [heidicho.therapy@gmail.com](mailto:heidicho.therapy@gmail.com)

W: <https://www.psychologytoday.com/profile/462772>



OFFER CLINICAL SUPERVISION: No

**HAJNALKA FISZTER MA, MSW, RSW** (SHE/HER)

**TRAINING & APPROACH**

\$130

PSYCHODYNAMICS, INTEGRATIVE, TRAUMA INFORMED, ANTI-OPPRESSION

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: [heidicho.therapy@gmail.com](mailto:heidicho.therapy@gmail.com)

W: <https://www.psychologytoday.com/profile/462772>



OFFER CLINICAL SUPERVISION: No

**HEATHER GOODWIN ExAT, RP** (SHE/HER)

**TRAINING & APPROACH**

\$130-150

INTERNAL FAMILY SYSTEMS, EXPRESSIVE ARTS THERAPY, MINDFULNESS, TRAUMA INFORMED, SEX POSITIVE (POLY/KINK FRIENDLY)

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: [heidicho.therapy@gmail.com](mailto:heidicho.therapy@gmail.com)

W: <https://www.psychologytoday.com/profile/462772>



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: | E: [heidicho.therapy@gmail.com](mailto:heidicho.therapy@gmail.com)

W: <https://www.psychologytoday.com/profile/462772>



OFFER CLINICAL SUPERVISION: No

**HEIDI CHO MSW, RSW** (SHE/HER)

**TRAINING & APPROACH**

\$130

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: [heidicho.therapy@gmail.com](mailto:heidicho.therapy@gmail.com)

W: <https://www.psychologytoday.com/profile/462772>



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH**

\$125-\$160

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 416-678-2340 | E: [jakefarr@authenticselfcs.com](mailto:jakefarr@authenticselfcs.com)

W: [www.authenticselfcs.com](http://www.authenticselfcs.com)



OFFER CLINICAL SUPERVISION: No

**HERSHEL RUSSELL** BA, MEd, RP *(PRINCESS/ELF)*

**TRAINING & APPROACH**

\$145-155

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 416-678-2340 | E: [jakefarr@authenticselfcs.com](mailto:jakefarr@authenticselfcs.com)

W: [www.authenticselfcs.com](http://www.authenticselfcs.com)



OFFER CLINICAL SUPERVISION: No

**HOPE M. PELUFO** BA, DIPL-GESTALT INSTITUTE OF TORONTO, RP *(THEY/THEM)*

**TRAINING & APPROACH**

\$90-150

RELATIONAL GESTALT, NEUROSCIENCE, PERSON-CENTERED, CBT, JUNGIAN SPIRITUAL APPROACH. HARM REDUCTION. SACCADIC METHOD FOR ASD.

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 416-678-2340 | E: [jakefarr@authenticselfcs.com](mailto:jakefarr@authenticselfcs.com)

W: [www.authenticselfcs.com](http://www.authenticselfcs.com)



OFFER CLINICAL SUPERVISION: No

**IRYNA DUTKO** RP *(THEY/THEM)*

**TRAINING & APPROACH**

\$135

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 416-678-2340 | E: [jakefarr@authenticselfcs.com](mailto:jakefarr@authenticselfcs.com)

W: [www.authenticselfcs.com](http://www.authenticselfcs.com)



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: 416-678-2340 | E: [jakefarr@authenticselfcs.com](mailto:jakefarr@authenticselfcs.com)

W: [www.authenticselfcs.com](http://www.authenticselfcs.com)



OFFER CLINICAL SUPERVISION: No

**JACKIE GRANDY** MSW, RSW *(SHE/HER)*

**TRAINING & APPROACH**

\$120-\$150

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 416-678-2340 | E: [jakefarr@authenticselfcs.com](mailto:jakefarr@authenticselfcs.com)

W: [www.authenticselfcs.com](http://www.authenticselfcs.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: 416-678-2340 | E: [jakefarr@authenticselfcs.com](mailto:jakefarr@authenticselfcs.com)

W: [www.authenticselfcs.com](http://www.authenticselfcs.com)



OFFER CLINICAL SUPERVISION: No

**JAKE FARR** MSW, RSW *(HE/THEY)*

**TRAINING & APPROACH**

\$100

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 416-678-2340 | E: [jakefarr@authenticselfcs.com](mailto:jakefarr@authenticselfcs.com)

W: [www.authenticselfcs.com](http://www.authenticselfcs.com)



OFFER CLINICAL SUPERVISION: No



**JAMES BROWN** BA, MPS, DIPL-GESTALT INSTITUTE OF TORONTO, RP (HE/HIM)

**TRAINING & APPROACH**

\$150-200

TRANS/ENBY, LGBTQ2S+, RELATIONAL GESTALT, PSYCHODYNAMIC, ACT, RELIGIOUS AND SPIRITUAL TRAUMA, NEURODIVERSE ASD

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-540-6198 | **E:** jenniferhenderson.therapy@gmail.com  
**W:** <https://www.healingcollective.ca/collective-members/jennifer-henderson/>



**OFFER CLINICAL SUPERVISION:** No

**JAY JONAH** MSW, RSW (HE/HIM)

**TRAINING & APPROACH**

\$125

ANTI- OPPRESSIVE, INTEGRATIVE APPROACH, GENDER IDENTITY, GENDER EXPRESSION, MINDFULNESS, RELATIONAL

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-540-6198 | **E:** jenniferhenderson.therapy@gmail.com  
**W:** <https://www.healingcollective.ca/collective-members/jennifer-henderson/>



**OFFER CLINICAL SUPERVISION:** No

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

**TRAINING & APPROACH**

\$100

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

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-540-6198 | **E:** jenniferhenderson.therapy@gmail.com  
**W:** <https://www.healingcollective.ca/collective-members/jennifer-henderson/>



**OFFER CLINICAL SUPERVISION:** No

**JAYNE BROWN** RP (SHE/HER)

**TRAINING & APPROACH**

\$130

RELATIONAL

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-540-6198 | **E:** jenniferhenderson.therapy@gmail.com  
**W:** <https://www.healingcollective.ca/collective-members/jennifer-henderson/>



**OFFER CLINICAL SUPERVISION:** No

**JEN COLBORNE** MSW, RSW, CTP DIPL (SHE/HER)

**TRAINING & APPROACH**

\$100-130

PSYCHODYNAMIC, RELATIONAL, INTERSUBJECTIVE, OBJECT RELATIONS, ATTACHMENT, SOLUTION FOCUSED

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-540-6198 | **E:** jenniferhenderson.therapy@gmail.com  
**W:** <https://www.healingcollective.ca/collective-members/jennifer-henderson/>



**OFFER CLINICAL SUPERVISION:** No

**JEN HORAK** RP (THEY/THEM)

**TRAINING & APPROACH**

RELATIONAL, SENSORIMOTOR, ANTI-OPPRESSIVE, TRAUMA-INFORMED

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-540-6198 | **E:** jenniferhenderson.therapy@gmail.com  
**W:** <https://www.healingcollective.ca/collective-members/jennifer-henderson/>



**OFFER CLINICAL SUPERVISION:** No

**JENN SEELEY** RP (QUALIFYING) (THEY/THEM)

**TRAINING & APPROACH**

\$120-130

RELATIONAL, EXPRESSIVE ARTS THERAPY

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-540-6198 | **E:** jenniferhenderson.therapy@gmail.com  
**W:** <https://www.healingcollective.ca/collective-members/jennifer-henderson/>



**OFFER CLINICAL SUPERVISION:** No

**JENNIFER HENDERSON** MSW, RSW (THEY/SHE)

**TRAINING & APPROACH**

\$140

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

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 647-540-6198 | **E:** jenniferhenderson.therapy@gmail.com  
**W:** <https://www.healingcollective.ca/collective-members/jennifer-henderson/>



**OFFER CLINICAL SUPERVISION:** No

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

**TRAINING & APPROACH**

\$195-\$220

INTEGRATIVE (PARTS WORK, EFT, CBT, MINDFULNESS), TRAUMA-INFORMED

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

**JEREMY TOMLINSON** M.Ed., RMFT, RSW, EMDRIA CERTIFIED (HE/HIM)

**TRAINING & APPROACH**

\$180

EMDR, NARRATIVE, FAMILY SYSTEMS

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

**JESSICA HOUGHTON** MA, RP (SHE/HER)

**TRAINING & APPROACH**

\$120

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

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

**JODY CHAN** THERAPIST-IN-TRAINING (TIRP) (THEY/THEM)

**TRAINING & APPROACH**

\$90

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

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

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

**TRAINING & APPROACH**

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

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

**JOSE LUIS LOPEZ VARGAS** RP (HE/HIM)

**TRAINING & APPROACH**

\$120

RELATIONAL, HUMANISTIC, GESTALT, MINDFULNESS, SOMATIC

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

**JUDE JOHNSTON** BFA, BSW, MSW, RSW (SHE/HER)

**TRAINING & APPROACH**

\$100 - \$140.

PSYCHODYNAMIC, TRAUMA, MINDFULNESS, NARRATIVE, EFT (IN PROCESS), ADDICTION, ATTACHMENT, RELATIONAL, EXISTENTIAL, CBT. CREATIVITY, GENDER, SEXUALITY. HIV, AIDS.

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

**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 CHESTER/DANFORTH

**OTHER LANGUAGES:** N/A

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



OFFER CLINICAL SUPERVISION: No

**KAREN KUGELMASS MEd, MSW, RSW** (SHE/THEY)

**TRAINING & APPROACH**

\$98

ANTI-OPPRESSIVE, PSYCHODYNAMIC, CBT

**SERVICE:** IN-PERSON & VIRTUAL CHESTER/DANFORTH

**OTHER LANGUAGES:** N/A

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



OFFER CLINICAL SUPERVISION: No

**KARINE SILVERWOMAN MSW, RSW** (SHE/HER)

**TRAINING & APPROACH**

\$120-150

AOP, TRAUMA INFORMED, MINDFULNESS, SOMATICS. CLINICAL CONSULTATION

**SERVICE:** IN-PERSON & VIRTUAL CHESTER/DANFORTH

**OTHER LANGUAGES:** N/A

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



OFFER CLINICAL SUPERVISION: No

**KAT SINGER MSW, RSW** (THEY/THEM)

**TRAINING & APPROACH**

\$130-150

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

**SERVICE:** IN-PERSON & VIRTUAL CHESTER/DANFORTH

**OTHER LANGUAGES:** N/A

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



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH**

\$100-140

NARRATIVE, TRAUMA-FOCUSED THERAPIES, CBT-BASED AND MINDFULNESS APPROACHES

**SERVICE:** IN-PERSON & VIRTUAL CHESTER/DANFORTH

**OTHER LANGUAGES:** N/A

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



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:** IN-PERSON & VIRTUAL CHESTER/DANFORTH

**OTHER LANGUAGES:** N/A

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



OFFER CLINICAL SUPERVISION: No

**KATHARINE KING MA, RP** (SHE/HER)

**TRAINING & APPROACH**

\$130-150

RELATIONAL/PSYCHODYNAMIC; COUPLES; SUPERVISION; CBT

**SERVICE:** IN-PERSON & VIRTUAL CHESTER/DANFORTH

**OTHER LANGUAGES:** N/A

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



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH**

\$75-\$120

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

**SERVICE:** IN-PERSON & VIRTUAL CHESTER/DANFORTH

**OTHER LANGUAGES:** N/A

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



OFFER CLINICAL SUPERVISION: No

**KEVIN SINGH** MSW, RSW (HE/HIM)

**TRAINING & APPROACH**

\$125

CBT, MINDFULNESS, NARRATIVE, ATTACHMENT, ANTI-OPPRESSION, EFT, TRAUMA INFORMED

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 647-204-2047 | E: lindsayelinmsw@gmail.com  
W: lindsayelinpsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

**KIRSTEN JOHNSON** RP, BSc, DipTIRP (SHE/HER)

**TRAINING & APPROACH**

\$120-\$150

RELATIONAL, PSYCHODYNAMIC

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 647-204-2047 | E: lindsayelinmsw@gmail.com  
W: lindsayelinpsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

**LAURA TURNBULL** MC, CPsych (SHE/HER)

**TRAINING & APPROACH**

\$220

INTEGRATIVE, SOMATIC, ANTI-OPPRESSIVE, EMDR.

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 647-204-2047 | E: lindsayelinmsw@gmail.com  
W: lindsayelinpsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

**LESLIE KIRSH** RP, MEd (SHE/HER)

**TRAINING & APPROACH**

\$120-175

FAMILY THERAPY, ANTI-RACIST/ANTI-OPPRESSIVE, TRAUMA-INFORMED, ATTACHMENT FOCUSED, MINDFULNESS

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 647-204-2047 | E: lindsayelinmsw@gmail.com  
W: lindsayelinpsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

**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: VIRTUAL

OTHER LANGUAGES: N/A

T: 647-204-2047 | E: lindsayelinmsw@gmail.com  
W: lindsayelinpsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

**LINDSAY BARTON** MA, RP (SHE/HER)

**TRAINING & APPROACH**

\$120-160

PSYCHOANALYTIC, AOP, PSYCHODYMANIC

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 647-204-2047 | E: lindsayelinmsw@gmail.com  
W: lindsayelinpsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

**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: 647-204-2047 | E: lindsayelinmsw@gmail.com  
W: lindsayelinpsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

**LINDSAY ELIN** MSW, RSW (SHE/HER)

**TRAINING & APPROACH**

\$150-\$185

SENSORIMOTOR PSYCHOTHERAPY, BRAINSPOTTING, TRAUMA INFORMED STABILIZATION TREATMENT, SAFE AND SOUND PROTOCOL, ATTACHMENT BASED FAMILY THERAPY, GENDER-AFFIRMING, INTERSECTIONAL AOP LENS

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 647-204-2047 | E: lindsayelinmsw@gmail.com  
W: lindsayelinpsychotherapy.com



OFFER CLINICAL SUPERVISION: YES

**LISA SHOULDice** MA, RP, CCC (SHE/HER)

**TRAINING & APPROACH**

\$150-180

EMT, SFT, SYSTEMS, ATTACHMENT/RELATIONSHIP, TRAUMA INFORMED

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: marleerubelpsychotherapy@gmail.com

W: www.marleerubel.com



OFFER CLINICAL SUPERVISION: YES

**LORRAINE MUNRO** MSW, RSW (SHE/THEY)

**TRAINING & APPROACH**

\$125-145

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: marleerubelpsychotherapy@gmail.com

W: www.marleerubel.com



OFFER CLINICAL SUPERVISION: YES

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

**TRAINING & APPROACH**

\$100-175

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: marleerubelpsychotherapy@gmail.com

W: www.marleerubel.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: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: marleerubelpsychotherapy@gmail.com

W: www.marleerubel.com



OFFER CLINICAL SUPERVISION: YES

**MAHEEN HYDER** MSW, RSW (SHE/HER)

**TRAINING & APPROACH**

\$120

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: marleerubelpsychotherapy@gmail.com

W: www.marleerubel.com



OFFER CLINICAL SUPERVISION: YES

**MARCO POSADAS** MSW, RSW, PhD CAND. (HE/HIM)

**TRAINING & APPROACH**

\$175

PSYCHOANALYTIC, AOP, HARM REDUCTION, SEX POSITIVE, TRAUMA INFORMED

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: marleerubelpsychotherapy@gmail.com

W: www.marleerubel.com



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: N/A

T: | E: marleerubelpsychotherapy@gmail.com

W: www.marleerubel.com



OFFER CLINICAL SUPERVISION: YES

**MARLEE RUBEL** MEd, RP (SHE/HER)

**TRAINING & APPROACH**

\$150-175

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: marleerubelpsychotherapy@gmail.com

W: www.marleerubel.com



OFFER CLINICAL SUPERVISION: YES

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

**TRAINING & APPROACH**

\$50-\$130

SPECIALIZING IN WORK WITH KIDS/YOUTH, GENDER EXPLORATION.  
EXPERIENCE WITH NEURODIVERSITY.

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: info@themindfulpractice.com

W: www.themindfulpractice.com



OFFER CLINICAL SUPERVISION: No

**MICHAEL ADIA** MSW, RSW *(HE/HIM)*

**TRAINING & APPROACH**

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

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: info@themindfulpractice.com

W: www.themindfulpractice.com



OFFER CLINICAL SUPERVISION: No

**MICHEL'E BERTRAND** EdD RP CCC *(S'HE/HER)*

**TRAINING & APPROACH**

\$145-\$190

RELATIONAL, SENSORIMOTOR, PE-EFT. YOGA-INFORMED.  
DEVELOPMENTAL/ INTERPERSONAL, MEDICAL OR STRUCTURAL TRAUMA.  
RACIALIZED, BLACK & CARIBBEAN IDENTITY/EXPERIENCE

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: info@themindfulpractice.com

W: www.themindfulpractice.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: | E: info@themindfulpractice.com

W: www.themindfulpractice.com



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH**

\$80-100

GESTALT, SOMATIC, EMBODIED, RELATIONAL, TRAUMA INFORMED, ANTI-  
OPPRESSIVE, MINDFUL, INTUITIVE

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: info@themindfulpractice.com

W: www.themindfulpractice.com



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: | E: info@themindfulpractice.com

W: www.themindfulpractice.com



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: | E: info@themindfulpractice.com

W: www.themindfulpractice.com



OFFER CLINICAL SUPERVISION: No

**MOUSTAFA ABDELRAHMAN** RP, MBA *(HE/HIM)*

**TRAINING & APPROACH**

\$140

ACT, CBT, MINDFULNESS, COMPASSION, INEGRATIVE, ANTI-OPPRESSIVE,  
CULTURALLY-SENSITIVE, TRAUMA-INFORMED, RELATIONAL, ATTACHMENT

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: | E: info@themindfulpractice.com

W: www.themindfulpractice.com



OFFER CLINICAL SUPERVISION: No

**MYROSLAVA TYZKYJ** RP (QUALIFYING) *(SHE/HER)*

**TRAINING & APPROACH** \$150

PSYCHODYNAMIC PSYCHOTHERAPY AND MINDFULNESS; APPROACHES ARE FEMINIST, ANTI-OPPRESSION, RELATIONAL, TRAUMA INFORMED, ATTACHMENT-BASED. POLYAM-AFFIRMING AND BDSM/KINK/SEX-POSITIVE.

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: info@nolanblodgettpsychotherapy.com  
W: nolanblodgettpsychotherapy.com



OFFER CLINICAL SUPERVISION: No

**NADIA SAAD** MSW, RSW *(SHE/HER)*

**TRAINING & APPROACH** \$120-150

NARRATIVE, MINDFULNESS, SOMATICS, IFS, TRAUMA INFORMED, FEMINIST, AOP, PRO: SEX WORK, KINK, POLYAMORY

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: info@nolanblodgettpsychotherapy.com  
W: nolanblodgettpsychotherapy.com



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: |E: info@nolanblodgettpsychotherapy.com  
W: nolanblodgettpsychotherapy.com



OFFER CLINICAL SUPERVISION: No

**NATANIA MARCUS** PhD, C.Psych. (SUPERVISED PRACTICE) *(SHE/HER)*

**TRAINING & APPROACH** \$200

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

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: info@nolanblodgettpsychotherapy.com  
W: nolanblodgettpsychotherapy.com



OFFER CLINICAL SUPERVISION: No

**NATE FREEMAN** MSW, RSW *(HE/THEY)*

**TRAINING & APPROACH** \$90-120

PSYCHODYNAMIC, RELATIONAL, EMDR, ATTACHMENT AND TRAUMA-INFORMED, YOGA THERAPIST (IN-TRAINING)

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: info@nolanblodgettpsychotherapy.com  
W: nolanblodgettpsychotherapy.com



OFFER CLINICAL SUPERVISION: No

**NAZBAH TOM** MA, SOMATIC PRACTITIONER *(THEY/THEM)*

**TRAINING & APPROACH** \$70-140

POLITICIZED THERAPY; GENERATIVE SOMATICS PRACTITIONER, DRAMA THERAPY CONCENTRATION—COUNSELLING, SUBSTANCE USE, TRAUMA-INFORMED, QTBIPOC FOCUS, PRO-SEX WORK, ABOLITIONIST, EMBODIED CHANGE AND TRANSFORMATION FOR INDIVIDUALS AND GROUPS.

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: info@nolanblodgettpsychotherapy.com  
W: nolanblodgettpsychotherapy.com



OFFER CLINICAL SUPERVISION: No

**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-MONOGAMY

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: info@nolanblodgettpsychotherapy.com  
W: nolanblodgettpsychotherapy.com



OFFER CLINICAL SUPERVISION: No

**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: |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: PORTUGUESE

T: (647) 697-5818 | E: rrodrigues.msw@hushmail.com  
W: <https://www.psychologytoday.com/ca/therapists/ricky-rodrigues>



OFFER CLINICAL SUPERVISION: No

**PING CHEN MSW, RSW** (SHE/HER)

**TRAINING & APPROACH**

\$195

EMDR, SENSORIMOTOR, SOMATIC, ANTI-OPPRESSION

SERVICE: VIRTUAL

OTHER LANGUAGES: PORTUGUESE

T: (647) 697-5818 | E: rrodrigues.msw@hushmail.com  
W: <https://www.psychologytoday.com/ca/therapists/ricky-rodrigues>



OFFER CLINICAL SUPERVISION: No

**RACHEL EPSTEIN MA, PhD** (SHE/HER)

**TRAINING & APPROACH**

\$130-175

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

SERVICE: VIRTUAL

OTHER LANGUAGES: PORTUGUESE

T: (647) 697-5818 | E: rrodrigues.msw@hushmail.com  
W: <https://www.psychologytoday.com/ca/therapists/ricky-rodrigues>



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH**

\$120

RELATIONAL, ATTACHMENT, SOMATIC, ANTI-OPPRESSIVE

SERVICE: VIRTUAL

OTHER LANGUAGES: PORTUGUESE

T: (647) 697-5818 | E: rrodrigues.msw@hushmail.com  
W: <https://www.psychologytoday.com/ca/therapists/ricky-rodrigues>



OFFER CLINICAL SUPERVISION: No

**RAHIM THAWER MSW, RSW** (HE/HIM)

**TRAINING & APPROACH**

\$120

PSYCHODYNAMIC, CBT, GESTALT

SERVICE: VIRTUAL

OTHER LANGUAGES: PORTUGUESE

T: (647) 697-5818 | E: rrodrigues.msw@hushmail.com  
W: <https://www.psychologytoday.com/ca/therapists/ricky-rodrigues>



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH**

PRIMARILY EFT AND PSYCHODYNAMIC, CBT, TRAUMA-INFORMED, CULTURALLY SENSITIVE, SOME DBT

SERVICE: VIRTUAL

OTHER LANGUAGES: PORTUGUESE

T: (647) 697-5818 | E: rrodrigues.msw@hushmail.com  
W: <https://www.psychologytoday.com/ca/therapists/ricky-rodrigues>



OFFER CLINICAL SUPERVISION: No

**REYAN ANTON MSW, RSW** (HE/HIM)

**TRAINING & APPROACH**

\$120

CBT, DBT, NARRATIVE, EFT, TRAUMA-INFORMED, AOP. SEX+, KINK+, NON-MONOGAMY+, SEX WORK+

SERVICE: VIRTUAL

OTHER LANGUAGES: PORTUGUESE

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W: <https://www.psychologytoday.com/ca/therapists/ricky-rodrigues>



OFFER CLINICAL SUPERVISION: No

**RICKY RODRIGUES MSW, RSW** (HE/HIM)

**TRAINING & APPROACH**

\$110

I USE TECHNIQUES FROM CBT, DBT, AND SFT WITHIN AN ANTI-OPPRESSIVE AND TRAUMA-INFORMED APPROACH TO CARE

SERVICE: VIRTUAL

OTHER LANGUAGES: PORTUGUESE

T: (647) 697-5818 | E: rrodrigues.msw@hushmail.com  
W: <https://www.psychologytoday.com/ca/therapists/ricky-rodrigues>



OFFER CLINICAL SUPERVISION: No



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

**TRAINING & APPROACH**

\$130-170

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

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 416-209-4036 | **E:** scott@drduggan.ca

**W:** www.drduggan.ca



OFFER CLINICAL SUPERVISION: No

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

**TRAINING & APPROACH**

\$120-\$175

EMOTIONALLY FOCUSED, ATTACHMENT, TRAUMA-INFORMED, RELATIONAL, ANTI-OPPRESSIVE, FEMINIST (POLY, KINK & SEX WORK POZ)

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 416-209-4036 | **E:** scott@drduggan.ca

**W:** www.drduggan.ca



OFFER CLINICAL SUPERVISION: No

**ROBYN LETSON** MSW, RSW (THEY/THEM)

**TRAINING & APPROACH**

\$150 (SLIDING SCALE AVAILABLE)

RELATIONAL, ARAO, CLIENT-CENTERED, TRAUMA-INFORMED PRACTICE CENTERING TRANS PEOPLE. ATTACHMENT AND MINDFULNESS-BASED.

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 416-209-4036 | **E:** scott@drduggan.ca

**W:** www.drduggan.ca



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:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 416-209-4036 | **E:** scott@drduggan.ca

**W:** www.drduggan.ca



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.

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 416-209-4036 | **E:** scott@drduggan.ca

**W:** www.drduggan.ca



OFFER CLINICAL SUPERVISION: No

**SAMARA LIU** BAA, DIPL- GESTALT INSTITUTE OF TORONTO (SHE/THEY)

**TRAINING & APPROACH**

\$120

RELATIONAL, GESTALT, SOMATIC, SOUND

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 416-209-4036 | **E:** scott@drduggan.ca

**W:** www.drduggan.ca



OFFER CLINICAL SUPERVISION: No

**SARAH MACDONALD** BSW, MSW, RSW ()

**TRAINING & APPROACH**

\$150

INTERNAL FAMILY SYSTEMS, TRAUMA INFORMED, AOPE, MINDFULNESS, ATTACHMENT, RELATIONAL

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 416-209-4036 | **E:** scott@drduggan.ca

**W:** www.drduggan.ca



OFFER CLINICAL SUPERVISION: No

**SCOTT DUGGAN** PhD. C.PSYCH (HE/HIM)

**TRAINING & APPROACH**

\$225-\$250

CBT, MINDFULNESS, SOLUTION-FOCUSED

**SERVICE:** IN-PERSON & VIRTUAL

**OTHER LANGUAGES:** N/A

**T:** 416-209-4036 | **E:** scott@drduggan.ca

**W:** www.drduggan.ca



OFFER CLINICAL SUPERVISION: No

**SHAUNA LANCIT** PhD, RP (SHE/HER)

**TRAINING & APPROACH** \$120-\$150

RELATIONAL

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: | E: hello@stephaniemarkowitz.com  
W: www.stephaniemarkowitz.com



OFFER CLINICAL SUPERVISION: No

**SHOSHANA POLLACK** MSW, RSW, PhD (SHE/HER)

**TRAINING & APPROACH** \$140

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

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: | E: hello@stephaniemarkowitz.com  
W: www.stephaniemarkowitz.com



OFFER CLINICAL SUPERVISION: No

**SIOBHAN CASSIDY** MSW RSW (SHE/THEY)

**TRAINING & APPROACH** \$140

TRAUMA, FEMINIST, QUEER, ANTO OPPRESSION, HARD REDUCTION

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: | E: hello@stephaniemarkowitz.com  
W: www.stephaniemarkowitz.com



OFFER CLINICAL SUPERVISION: No

**SKB KEELAN-BISHOP** MA, RP (QUALIFYING) (SHE/THEY)

**TRAINING & APPROACH** \$120-160

NEURODIVERGENT-AFFIRMING, POLITICIZED DBT, RELATIONAL-CULTURAL, ADOPTION-COMPETENT, SAFE AND SOUND PROTOCOL

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: | E: hello@stephaniemarkowitz.com  
W: www.stephaniemarkowitz.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: | E: hello@stephaniemarkowitz.com  
W: www.stephaniemarkowitz.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: | E: hello@stephaniemarkowitz.com  
W: www.stephaniemarkowitz.com



OFFER CLINICAL SUPERVISION: No

**SPENCER NAGELEISEN** MA, RP (HE/HIM)

**TRAINING & APPROACH** \$140 (SLIDING SCALE AVAILABLE)

ACT, CBT, DBT (INFORMED) WITHIN A CLIENT-CENTERED, ANTI-OPPRESSIVE AND TRAUMA-INFORMED APPROACH TO CARE

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: | E: hello@stephaniemarkowitz.com  
W: www.stephaniemarkowitz.com



OFFER CLINICAL SUPERVISION: No

**STEPHANIE MARKOWITZ** MEd, RP (QUALIFYING) (SHE/HER)

**TRAINING & APPROACH** 110-120

RELATIONAL, PSYCHODYNAMIC, ATTACHMENT, TRAUMA INFORMED, MINDFULNESS

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: | E: hello@stephaniemarkowitz.com  
W: www.stephaniemarkowitz.com



OFFER CLINICAL SUPERVISION: No

**SUSAN TARSHIS** MEd., RP (SHE/HER)

**TRAINING & APPROACH** \$140

RELATIONAL, PSYCHODYNAMIC, EMDR

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: drtrevorhart@gmail.com  
W: www.drhart.ca



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: |E: drtrevorhart@gmail.com  
W: www.drhart.ca



OFFER CLINICAL SUPERVISION: No

**TARIK KADRI** BSW, MSW, RSW (HE/HIM)

**TRAINING & APPROACH** \$160-185

EMDR, CBT, DBT, CPT, PROLONGED EXPOSURE, GOTTMANS COUPLES

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: drtrevorhart@gmail.com  
W: www.drhart.ca



OFFER CLINICAL SUPERVISION: No

**TATE SAMESHIMA** BFA, THERAPIST-IN-TRAINING (TIRP) (HE/HIM)

**TRAINING & APPROACH** \$65-125

RELATIONAL, TRANS/NON-BINARY, ANTI-OPPRESSIVE, FEMINIST, ATTACHMENT & TRAUMA-INFORMED

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: drtrevorhart@gmail.com  
W: www.drhart.ca



OFFER CLINICAL SUPERVISION: No

**TOR SANDBERG** THERAPIST-IN-TRAINING (TIRP) (HE/HIM)

**TRAINING & APPROACH** \$110

RELATIONAL, CLIENT-CENTRED, ANTI-OPPRESSIVE, ATTACHMENT & TRAUMA-INFORMED

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: drtrevorhart@gmail.com  
W: www.drhart.ca



OFFER CLINICAL SUPERVISION: No

**TRACEY JASTINDER MANN** MSW, RSW (SHE/THEY)

**TRAINING & APPROACH** \$125-175

TRAUMA-INFORMED, INTERSECTIONAL, NARRATIVE, SOMATICS (GENERATIVE SOMATICS), EFT, SEX POSITIVE AND SEX WORK POSITIVE. EMDR AND PSYCHEDELIC THERAPY

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: drtrevorhart@gmail.com  
W: www.drhart.ca



OFFER CLINICAL SUPERVISION: No

**TREVOR BIRRELL** B.A.A, B.Ed., DIPL. PSYCH., RP (QUALIFYING) (HE/HIM)

**TRAINING & APPROACH** \$150-190

PSYCHODYNAMIC PSYCHOTHERAPY, ATTACHMENT AND TRAUMA-INFORMED, CBT, DBT, MINDFULNESS, IMAGO COUPLE THERAPY, HUMANISTIC

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: drtrevorhart@gmail.com  
W: www.drhart.ca



OFFER CLINICAL SUPERVISION: No

**TREVOR HART** PhD, REGISTERED PSYCHOLOGIST (HE/HIM)

**TRAINING & APPROACH** \$225

CBT, MOTIVATIONAL INTERVIEWING, CPT, PROLONGED EXPOSURE, COUPLES, BEHAVIOURAL MEDICINE, SEX THERAPY

SERVICE: VIRTUAL  
OTHER LANGUAGES: N/A

T: |E: drtrevorhart@gmail.com  
W: www.drhart.ca



OFFER CLINICAL SUPERVISION: No

**TRISH McKEOUGH** MSW, RSW (SHE/HER)

**TRAINING & APPROACH**

\$160

EMOTION-FOCUSED PARENTING MODELS, CBT, DBT, MINDFULNESS, NEURODIVERSITY. NB+TRANS, POLY, AND SEX WORK POSITIVE.

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 416-888-3657 | E: kris.hamilton.therapy@gmail.com  
W: <https://xrisandpip.com/>



OFFER CLINICAL SUPERVISION: YES

**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: 416-888-3657 | E: kris.hamilton.therapy@gmail.com  
W: <https://xrisandpip.com/>



OFFER CLINICAL SUPERVISION: YES

**TYNAN RHEA** BA, RP (QUALIFYING) (THEY/THEM)

**TRAINING & APPROACH**

\$150-200

SEX & RELATIONSHIP THERAPY, SEX-POS & KINK-FRIENDLY, STRUCTURAL DISSOCIATION/INTERNAL FAMILY SYSTEMS WITH SOMATIC INTEGRATION, NARRATIVE THERAPY

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 416-888-3657 | E: kris.hamilton.therapy@gmail.com  
W: <https://xrisandpip.com/>



OFFER CLINICAL SUPERVISION: YES

**VANESSA (SMITH)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: VIRTUAL

OTHER LANGUAGES: N/A

T: 416-888-3657 | E: kris.hamilton.therapy@gmail.com  
W: <https://xrisandpip.com/>



OFFER CLINICAL SUPERVISION: YES

**VIRGINIA JAHYU** MA, EXAT (SHE/HER)

**TRAINING & APPROACH**

EXPRESSIVE ARTS THERAPIST

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 416-888-3657 | E: kris.hamilton.therapy@gmail.com  
W: <https://xrisandpip.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: 416-888-3657 | E: kris.hamilton.therapy@gmail.com  
W: <https://xrisandpip.com/>



OFFER CLINICAL SUPERVISION: YES

**WERONIKA ROGULA** MSW, RSW (SHE/THEY)

**TRAINING & APPROACH**

\$120-175

ATTACHMENT AND TRAUMA-INFORMED, SOMATIC EXPERIENCING (IN TRAINING)

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 416-888-3657 | E: kris.hamilton.therapy@gmail.com  
W: <https://xrisandpip.com/>



OFFER CLINICAL SUPERVISION: YES

**XRIS HAMILTON** MPS, RP (QUALIFYING) (THEY/THEM)

**TRAINING & APPROACH**

\$120-165

RELATIONAL, TRAUMA-INFORMED, IFS, EFFT, SOMATIC. RELIGIOUS AND SPIRITUAL TRAUMA.

SERVICE: VIRTUAL

OTHER LANGUAGES: N/A

T: 416-888-3657 | E: kris.hamilton.therapy@gmail.com  
W: <https://xrisandpip.com/>



OFFER CLINICAL SUPERVISION: YES

**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

**E:** [hello@yasminkowlessar.com](mailto:hello@yasminkowlessar.com)

**W:** <https://www.yasminkowlessar.com>



**OFFER CLINICAL SUPERVISION:** No

Compiled by **Rahim Thawer, MSW, RSW**  
Affective Consulting & Psychotherapy Services  
[affectiveconsult.ca](http://affectiveconsult.ca)

