

## What can a Psychotherapist help me with?

Psychotherapy (also known as Counselling) can help you problem-solve and work through a wide range of issues including:

- Depression, anxiety, substance use, and other mental health concerns
- Burnout/ general stress
- The death of a loved one
- Trauma
- Relationship problems
- Issues related to sexuality and/or gender

## Practitioners of Psychotherapy/Counselling

Social Workers, Psychiatrists, GP Psychotherapists, Psychotherapists, and Psychologists are the main healthcare providers that practice psychotherapy. Their level of training, areas of expertise, and fees all vary. Psychiatrists and GP Psychotherapists are often the only providers covered by OHIP. They are very difficult to find and have long or closed waitlists. Social Workers and Psychologists are often the only providers covered under extended health benefits or private insurance. A reputable therapist should have a University Degree as well as specialized training in psychotherapy through an internship, certificate program, or psychotherapy institute. New legislation will soon pass that means only individuals registered with the following colleges may practice psychotherapy. It is recommended you clarify if your therapist is registered with the college of Psychotherapists, Social Workers, Nurses, Occupational Therapists, Physicians, or Psychologists.

## Health Benefits & EAP

Your employer or college/university may provide **health benefits** that covers the services of Social Workers or providers supervised by a Psychologist or Doctor. Be sure to check your benefits or call to ask more information. Your employer may also provide an Employee Assistant Program (**EAP**) which offers a limited number of sessions with a therapist. Talk to your employer to request a benefits information package. University Students receiving ODSP with a diagnosis of a mental health disorder may be eligible to apply for the **Bursary for Students with Disabilities**, which can be used to cover psychotherapy. Talk to your school's accessibility/counselling office for more info.

You have NO obligation to disclose to your employer if you are accessing these services and your therapist will not disclose this to your employer.

## What should I consider when picking a therapist?

When choosing a therapist one should first request a brief telephone consultation so you can ask important questions about the therapist's experience with your type of problem/concern, as well as costs. Sessions typically run \$80-200+ per hour depending on the designation of the therapist. Social Workers and Psychotherapists may charge \$80 – 150 per hour. Psychologists may charge upwards of \$220 per hour. Therapists often offer a **sliding scale**, so those with less income/health



benefits can afford treatment. You are entitled to ask about this (as a sliding scale will not always be advertised), or ask to be referred to someone who can offer more affordable services.

You may also ask about what school or approach to therapy the therapist practices. Psychodynamic therapy, cognitive behavioural therapy, dialectical behavior therapy, narrative therapy, mindfulness-based therapy, and interpersonal therapy are the main scientifically supported forms of therapy. Most important of all is the professional relationship you form with the therapist. A strong relationship is built on empathy, understanding, compassion, and trust. If these qualities are not apparent from the first session you should consider finding another therapist.

## **Where to find a Therapist?**

The best way to find a therapist is often through word of mouth. Usually people find a good therapist by asking a healthcare provider, or trusted friend/family member. You can also try exploring sites like those below.

Find a Social Worker (Private Pay Therapist)

[www.findasocialworker.ca](http://www.findasocialworker.ca)

Ontario Society of Psychotherapists (Private Pay Therapist)

[www.psychotherapyontario.org](http://www.psychotherapyontario.org)

Psychology Today (Private Pay Therapist)

<https://www.psychologytoday.com/us/therapists?search=toronto>

There are also larger private practices that offer both individual and group counselling with a variety of therapists, such as the following:

### **Centre for Interpersonal Relationships**

Address: 10 St. Mary St., Unit 305, Toronto, ON

Phone: 1 855.779.2347

Website: <https://www.cfir.ca/index.html>

Note: Also offers sliding scale sessions at \$65+ with masters level therapists, who are completing their PhD in Psychology. They are supervised by Registered Psychologists. You can self-refer by mentioning you were referred by your doctor at the Village Family Health Team.

### **Centre for Mind-Body Health**

Address: 250 Eglinton Avenue West, Suite 200, Toronto, ON

Phone: 416-855-2624

Website: <http://cmbh.space/>

Note: Clinic focus is on Dialectical-Behavior Therapy, Emotion-focused therapy and Mindfulness-Based Therapy.



### **CBT Associates**

Address: various locations

Phone: 416-363-4228

Website: [www.cbtassociates.com](http://www.cbtassociates.com)

## **Free and/or Low Cost Therapy Options**

Free and/or reduced cost counselling will always be time-limited. Below are some additional resources:

### **Free Walk-in Counselling**

#### **Family Services Toronto**

Location: 355 Church St, Toronto, ON

Website: <https://familyservicetoronto.org/our-services/programs-and-services/walk-in-clinic/>

When: each Wednesday 3:30 – 7:30 pm (last registration 6:15 pm)

Note: if interested in ongoing counselling through family services contact the Service Access Unit at 416-595-9618

#### **Woodgreen Community Services**

Location: 815 Danforth Ave, Suite 100, Toronto, ON

Phone: 416-572-3575

Website: <https://www.woodgreen.org/Portals/0/PDFs/Walk-in%20Counselling.pdf>

When: Tuesdays and Wednesdays, 4:30 pm – 8:30 pm (registration closes at 6:45 pm)

#### **Stella's Place (ages 19 – 29)**

Location: 18 Camden Street, Toronto, ON

Phone: 416-461-2345

Website: <https://stellasplace.ca/programs/>

When: Tuesdays and Thursdays, 3:00 – 5:00 pm (first come, first served)

#### **What's Up Walk-In (infants to young adults age 26 and under, and their families)**

location: hosted 5 days per week at various organizations around the city including Yorktown Family Services, Skylark and East Metro Youth Services. Visit <http://www.whatsupwalkin.ca/service-providers/> for the location nearest you and their locations.



## **Low Cost or Sliding Scale Therapy Options**

### **Hard Feelings**

Address: 848 Bloor St. West, Toronto

Website: <https://www.hardfeelings.org/counselling/>

Note: Offers sessions at a sliding scale (\$50 - \$80 per hour) with trained, professional Social Workers. Visit the website to see profiles of the different therapists. Contact available therapists directly to schedule an intake.

### **Medical Clinic for Person-Centered Psychotherapy**

Address: 265 Yorkland Blvd, unit 403, North York, Ontario

Phone: 416-229-2399

Website: <https://www.medicalpsychclinic.org/>

Note: Psychotherapy covered by OHIP. Physical referral required. Located in North York. If clinic is able to take you they will reach out within 6 weeks of the referral.

### **OISE Psychology Clinic**

Address: 252 Bloor Street West, Suite 7-296, Toronto, ON

Phone: 416-978-0620

Website: <https://www.oise.utoronto.ca/psychservices/>

Note: services provided by masters' level psychotherapists in training under the supervision of a Psychologist. Client's accepted and seen September – April. Sliding scale \$25 – \$100 per session. You do not need to be a student to be eligible. Call to arrange an appointment.

### **Toronto Institute for Relational Psychotherapy**

Address: various locations

Website: <https://www.tirp-lowcost-therapy.ca/>

Note: \$25 - \$80 per session with clinicians receiving advanced training through TIRP. Visit the website to find names, locations and contact details of therapists currently accepting clients.

### **Medical Psychotherapy Association Canada**

Address: various locations

Website: <https://www.mdpc.ca>

Note: website contains a directory of MDs who practice psychotherapy. You can find more information about types of therapy and location, and contact MDs directly to inquire about availability or join their waitlist.