

Audrey Chin
647-236-3196

Audrey Chin is a psychotherapist whose practice uses a holistic approach, uniting mind with body, heart and spirit.

Audrey's own personal journey has been a multi-faceted one. As a teacher, both here and in the north, she helped students in their quest for meaning and spirituality. As a researcher, she developed the skills of inquiry and patient unravelling of the unknown. As an Expressive Arts Therapist and Senior Therapist at the Muki Baum Treatment Centres, she developed creative ways of working with people with profound difficulties and helping them progress through blocked places.

In nature, she finds a connection with the universal energies. She brings to her practice a deep respectfulness, patience, caring and spiritual grounding.

Her clients are people who have chosen to strive to improve their lives. Her special interest areas include chronic pain and illness, abuse issues, visioning, spirituality, self-expression and individuals with special needs. She has worked with people with visual impairment, autism and ADHD, learning disabilities and physical disabilities as well as people who have experienced great trauma in their lives.

Dreams act as windows to the unconscious. She brings an understanding of dream work from a Jungian perspective which she studied with Elinor Dickson. Her sandplay work, studied through the Canadian Association of Sandplay Therapists, also helps clients to access the unconscious in a unique way – much like a waking dream.

Audrey brings a variety of therapy modalities to her work and gears the type of work to the individual. Shamanic work, art and music therapy, and sandplay therapy are available to her clients.

Audrey completed Integral Healing Training with John Went at the Integral Healing Centre of Toronto. This program involves training in psychotherapy, bioenergetics and energy healing.

Audrey's private practice is located in Toronto in the St. Clair and Oakwood area (near Dufferin).

Appointments can be arranged by calling 647-236-3196.