

Silvia can be reached at:

Phone: (416) 524-0404
silvia.mocanu@rogers.com

<http://www.silviamtherapy.com>

Practice Areas: Addictions, Relationship Issues, Anxiety Disorders and Depression.

Are you unhappy with your current relationship status, your career, or your life in general? Struggling with chronic health problems? Do you ever notice that our bodies react when we are really stressed out? It's difficult to feel worried, discouraged, or overwhelmed by everyday life challenges. Sometimes we don't know why we feel the way we do. We may suffer in silence, wondering if things will ever get better, because asking for help can be difficult or scary. Often our darkest days can be opportunities for personal breakthroughs and moving forward. It takes courage to seek a more fulfilling life.

My personal experience of being stuck in an unhappy relationship for a long time defines my current mental and emotional frame; the experience has helped me challenge and overcome the emotional status quo and has guided me towards finding that fulfilling relationship I was looking for. This experience has enriched my understanding of other's people mental/emotional turmoil that go through similar challenges.

Together we can figure out why your relationships haven't been as successful as you'd like. We can discover what is holding you back from experiencing success in life, love, or your career. Let me help you learn healthier coping skills and become open to greater opportunities in your life and feel more connected to others.

I work with individual adults, adolescents, and families, where I undertake to create a collaborative atmosphere and build our relationship based on authenticity, honesty, mutual respect, and kindness. My approach is highly collaborative, and engaging. Let's make today the first day of the rest of your life!

About me:

I am a registered psychotherapist with the College of Registered Psychotherapists of Ontario. In addition to my core training at the Integral Healing Institute of Toronto under the guidance of John Went, I have expanded my professional skills by undergoing the psychosomatic psychotherapy training (level I) - grounded in Pat Ogden work. Concurrently, I undergo addiction counseling training at McMaster University.