

Sharon Feldman B.A. Psych
416-225-5775

Through my ability to sense what another is experiencing, I am able to establish a heartfelt and empathetic connection. The environment I provide is calm and compassionate – a safe place for you to express, explore, and understand yourself.

Life can be hard. For many of us, coping with emotional trauma can overshadow and may deny us the simple pleasures of daily life.

If you desire help dealing with stress, depression, anxiety, hopelessness, life events or changes, relationships, anger, self-defeating or addictive behaviour, psychotherapy can help you cope, heal and connect with your essential self.

I embrace a mind/body approach to emotional health and healing. I see our work together as a partnership that guides you to better understand your feelings and behaviour, to make meaning of your challenges, and to create new, more fulfilling ways of being. My approach is relational, supportive, and focused on your individual needs.

I am deeply committed to a relationship with you, grounded in respect and founded in empathy. Our dynamic partnership is enhanced through talk therapy; bioenergetic psychotherapy, which draws from your body's inner wisdom; dream image exploration; and my knowledge of meditation practice, yoga and art therapy.

With a background in early childhood education for 20 years, counselling at the Distress Centre of Toronto for over 5 years and my own personal growth journey for almost 2 decades, I have a great understanding of the impact of childhood experiences on adult feelings and behaviours, and the need for a safe relationship to express, explore and understand yourself. I utilize the depth of my experience, expertise, and intuition, with care and compassion, to help you create tangible inner and outer changes in your life.

In addition to being a graduate of the Integral Healing Centre of Toronto, I hold a Bachelor of Arts, specializing in psychology. I am also a qualifying member of the Ontario Society of Psychotherapists.

I offer individual and couple's therapy. I practice in two locations, the Steeles/Bayview area and near Bathurst/St. Clair. My office hours and fees are flexible. Please call me, and I will be happy to answer any questions you may have.