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"The beauty of the soul lies within the particularity of the personality."
-Roberto Assagioli

The purpose of psychotherapy, as I understand it, is to support and sponsor the unfolding of the person and engage in education, at both conscious and unconscious levels, in order that the client can gain greater contentment, fulfillment and happiness in life. As a therapist, I utilize various approaches to assist in this goal, as suit the client. These include client-centred, emotionally focused psychotherapy, bio-energetics (using the body), energy work and more.

Most essentially, my practice involves creating a safe holding place for what emerges from the client, and, in the context of safety and trust, facilitating transformation and healing.

My Background as a Therapist:

I have a Ph.D. in experiential learning from the University of Toronto which profoundly assists me in understanding clients' learning styles and how to adapt modalities for their optimal benefit.

I graduated from the Integral Healing Centre of Toronto in 2005 and subsequently became a clinical member of the Ontario Society of Psychotherapists, now serving on their membership committee.

My additional training includes:

- completing the Emotionally Focused Therapy (EFT) for Couples program at the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) located in Ottawa, Canada, studying with Dr. Sue Johnson.
- completing Dr. Les Greenberg's (York University) course in Emotionally Focused Therapy for individuals.
- advanced EMDR training - a highly effective protocol for healing trauma.
- advanced CBT training at the Hincks-Dellcrest Centre/OISE/UT
- additional training in mindfulness, anxiety disorders and depression (among others)

My practice is located in the central-west end of Toronto where I work at both Pacific Health Centre, at 168 Annette Street, and out of my home office, steps away from the Dundas West subway station.

I work evenings and weekends, have reasonable fees, see couples as well as individuals and I can be reached confidentially at 416-518-0153 or through my email address at j.balaisis@sympatico.ca.