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The Nature of Our Work Together

You may be wondering whether psychotherapy would be of benefit to you and if so, what kind of therapy would be suitable for what is troubling you. I offer the following brief description so that you can get a sense of how I work and whether my approach seems appropriate for you.

My psychotherapeutic approach is instinctive, intuitive, and relationally oriented. Through heartfelt listening, keen sensing, and attuned responding, the emotional truth of your own experience can unfold. Together, in a safe therapeutic relationship your troubles can be understood and eased.

My work is based on the theoretical perspective that our sense of self, our experience of who we are, is formed and developed in relationship, particularly our relational experience with early caregivers. Therefore, deep change occurs through the new and intentional relational experience that is co-created in therapy. Insight will be part of the process but deep change evolves through new experience.

What I Bring to You in Our Work Together

I have been dedicated to understanding what constitutes emotional healing for over 30 years. During this time, I have explored many forms of mental, emotional, physical, spiritual and energetic healing practices and modalities. My psychotherapy training began with the Integral Healing Centre of Toronto's 4-year Intensive Professional Psychotherapy Training Program and continues, since my graduation in 2002, through intensive study, conferences, clinical supervision, and group supervision. Personal psychotherapy is also an important component of my lifelong learning.

I have been working as a psychotherapist in private practice since 2002. I work with individual clients on a weekly or bi-weekly schedule consisting of 1-hour sessions. My psychotherapeutic approach is relational/intersubjective/self-psychological.

I am a Clinical Member of the Ontario Society of Psychotherapists and an Associate Member of the Institute for the Advancement of Self Psychology.