

Sharon Earle-Meadows
416-691-1355

Sharon Earle-Meadows is a Psychotherapist/Registered Nurse with a private practice in the Beaches area of Toronto. She holds Clinical Membership in the Ontario Society of Psychotherapists (OSP), is a past Board Member of OSP, and is also a member of the College of Nurses.

Sharon had a long career as a teacher (Toronto Board of Education), social worker (Northern Ontario Social Services) and as a nurse (CAMH, mental health services). She feels honored to be a part of the healing journeys of men and women, specifically engaging with such issues as:

- *Family relationships
- *Body image
- *Eating disorders
- *Grief
- *Career challenges
- *Addictions
- *Depression
- *Mid-life challenges
- *Trauma
- *Health concerns
- *Spiritual Quests

Her conviction that the human spirit can realize its potential in the midst of, and through adversity brings a hopeful perspective to the core of her therapy practice. Her warm and gentle approach is informed by a deep curiosity about the human condition.

Sharon draws from her varied and extensive training in psychotherapy to bring a creative approach to each client. She has trained at the Integral Healing Centre of Toronto, The Centre for Training in Psychotherapy. She has also taken intensive workshops in Jungian Dream Work through Marion Woodman.

Sharon is currently teaching at the Integral Healing Centre of Toronto, training students of the program in psychotherapy, bioenergetics, and energy healing. She has run groups in poetry/art therapy, parenting, and healthy body image and weight loss.

She brings exciting, life-changing solutions in working with the body, mind and spirit through her compassion and deep commitment to being present and honoring the process of each individual client.

Her long-term relationship with a business oriented spouse and an active family balances her life.

Sharon invites your inquiries at 416-691-1355, or email her at winnicott@rogers.com.