

Wendy Fredricks B.A., B.Ed.
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Spadina & Bloor

Wendy Fredricks has had a psychotherapy practice in the Spadina Therapy Centre at Bloor and Spadina since 2000. Her training at Integral Healing Centre of Toronto informs her creative approach to psychotherapy, recognizing the importance of the mind and body connection. Wendy gently encourages clients to unlock psychic blocks and face issues of fear, anxiety, shame, depression and anger through dream work, guided meditation, artwork, visualization and bodywork.

She also works with couples grappling with the various challenges that being in a deep relationship with another can bring. She helps to deepen the relationship and strengthen the bond through better communication and a higher consciousness to the dynamic between the partners.

Wendy is currently working under the guidance of John Went with the trainees in the Integral Healing Centre of Toronto program, teaching psychotherapy, bioenergetics and energy healing. She is developing a series of workshops (Threshold Workshops) for women at various life-stages. The first was introduced in August 2009. These workshops will include guided mediation, bodywork, journaling, art and dream work.

In addition to the Integral Healing Centre of Toronto program, Wendy has taken a number of related courses and intensive workshops including work with Marion Woodman, Elinor Dickson (dream work), Steven Johnson (character structures), John Gottman and Sue Johnston (couples workshops), Dick Swartz (internal family systems), and Christina Becker (Jungian theory and alchemy).

Wendy is committed to creating a safe and sacred environment in which to explore undiscovered parts of the self. She can be reached at 416-822-1440 or by email at wendyfredericks@aol.com.