

# A Guide to Finding Individual Therapy for Adults



*Toronto Western*  
**Family Health Team**  
*Garrison Creek*  
*Bathurst*

Talking to your health care provider about your mental health concerns is an important step towards feeling better. They can support you, provide help and guide your progress.

If your next step is to learn about therapy and find a therapist, read this guide. If you have questions or need support, please speak to your health care provider.

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## What is therapy?

Therapy is talking with a mental health professional about your thoughts, feelings, and issues. You work together to set goals and learn skills that can help you cope, heal and recover.

Therapy can help if you have a mental health problem or concerns with your relationships, job or family. You and your therapist will decide how often and how long you need to meet.

There are many types of therapy.

**Choosing your therapy will depend on your issues, needs and preferences.**

## What types of therapy are available?

Here are the main types of therapy that have proven to be effective.

Type of therapy	How it works
<b>Cognitive Behavioral Therapy (CBT)</b>	<ul style="list-style-type: none"><li>• Helps you learn to challenge and change unhelpful thought patterns and behaviours. These new skills can help you better manage your emotions.</li><li>• Generally, 10 to 24 sessions. Involves homework and practicing skills in between sessions.</li><li>• Benefits people facing depression, anxiety, phobias (fears) and addiction.</li></ul>
<b>Mindfulness-based Therapy</b>	<ul style="list-style-type: none"><li>• Helps you learn new skills to focus on the present in a non-judgmental way. This can help you control your thoughts, rather than be controlled by them.</li><li>• May be combined with CBT.</li><li>• Involves homework and practicing new skills in between sessions.</li><li>• Benefits people facing depression, anxiety and life stress.</li></ul>

Type of therapy	How it works
<p><b>Acceptance and Commitment Therapy (ACT)</b></p>	<ul style="list-style-type: none"> <li>• Helps you learn to accept your issues and hardships, and commit to changing your behaviour, no matter what’s going on in your life and how you feel about it.</li> <li>• Uses aspects of CBT and Mindfulness-based Therapy.</li> <li>• Benefits people facing depression, anxiety and life stress.</li> </ul>
<p><b>Dialectical Behaviour Therapy (DBT)</b></p> <p>‘Dialectic’ means balancing opposites (like acceptance and change) and seeing how they go together.</p>	<ul style="list-style-type: none"> <li>• Helps you learn new skills to better respond to your emotions, tolerate distress, be mindful of the present and have effective relationships with others.</li> <li>• Generally, 20 or more sessions.</li> <li>• Benefits people with Borderline Personality Disorder, addiction, depression, Post Traumatic Stress Disorder (PTSD) and eating disorders.</li> </ul>
<p><b>Interpersonal Therapy</b></p>	<ul style="list-style-type: none"> <li>• Helps you find better ways to deal with current problems by focusing on your past and present roles (such as being a child, parent, spouse or boss) and interactions with others.</li> <li>• Generally, 12 to 16 sessions.</li> <li>• Benefits people facing depression.</li> </ul>
<p><b>Narrative Therapy</b></p>	<ul style="list-style-type: none"> <li>• Helps you create stories (narratives) about yourself and your identity.</li> <li>• This helps you see your problem as something you <b>have</b>, not something that identifies who you <b>are</b>.</li> </ul>
<p><b>Psychodynamic Therapy</b></p>	<ul style="list-style-type: none"> <li>• Helps you analyze and resolve current issues and change your behaviour in current relationships, by analyzing and exploring your past earlier experiences and emotions.</li> <li>• Generally, takes a year or more.</li> </ul>

## Who provides therapy?

Many different mental health professionals provide therapy. Each has different credentials, training and experience.

Therapist	Background
GP Psychotherapist	A general practitioner (GP) or family doctor who can diagnose mental health conditions, prescribe medications and provide psychotherapy.
Psychologist	A professional with a doctoral degree in psychology (such as a PhD) who can provide psychotherapy and psychological testing.
<ul style="list-style-type: none"><li>▪ Social Worker</li><li>▪ Occupational Therapist</li><li>▪ Registered Nurse</li><li>▪ Nurse Practitioner</li></ul>	Professionals with university degrees and additional training and experience in providing therapy.
Psychiatrist	A doctor who specializes in diagnosing and treating mental health conditions. They can prescribe medications, and sometimes provide psychotherapy.

## How do I choose a therapist?

Choosing a therapist is an important decision. A strong relationship with your therapist is built on understanding, empathy, compassion and trust. It is one of the most important factors to successful therapy.

### **1** Find the name of a therapist

You can find a therapist by:

- Asking someone you trust for a recommendation. This could be a family member, friend, coworker or teacher.
- Reviewing the places to find therapy on pages 7 to 10.

- Searching online directories such as:

**Green Space** [www.greenspacehealth.com](http://www.greenspacehealth.com)

- ✓ Get matched with a therapist who uses Greenspace technology to track your progress and update your care providers.

**Psychology Today** [www.psychologytoday.com](http://www.psychologytoday.com)

- ✓ Search for therapists that match your location, mental health issue, type of therapy, payment method, gender and more.

**Ontario Psychotherapy and Counseling Program and Referral Network**  
<https://referrals.psychotherapyandcounseling.ca>

- ✓ Submit an online request for a referral to an experienced psychotherapist. Lower cost options are available.

## 2 Call to learn about the therapist

Call the therapist and ask for a brief phone consultation. Ask questions to see if they could be the right therapist for you.

**Questions to ask the therapist:**

- What are your background and qualifications?
- How long have you been practicing?
- What types of therapy do you provide?
- How have you helped patients with my particular issue in the past?
- What are your fees?
- Can I try out a single session?
- Do you need a referral from my doctor?

### 3 Evaluate your relationship with the therapist

After 2 or 3 sessions, consider if the therapist is a 'good fit' for you. If it's not a good fit, don't be afraid to consider another therapist.

### What does therapy cost? What are the options for payment?

Therapists set their own fees according to their skills, education and experience. A 1-hour session may cost from \$60 to \$250. This can be expensive, but there are many ways to make therapy affordable.

<b>Ontario Health Insurance Plan (OHIP)</b>	<ul style="list-style-type: none"><li>• OHIP pays for therapy with a medical professional such as a family doctor or psychiatrist.</li></ul>
<b>Lower-cost therapy services</b>	<ul style="list-style-type: none"><li>• Some community health centres and agencies offer free or low-cost therapy.</li><li>• Therapy may be provided by student therapists, recent graduates or associates who are being supervised until they are fully qualified.</li></ul>
<b>Sliding scale</b>	<ul style="list-style-type: none"><li>• Some therapists offer a 'sliding scale'. This means the amount you pay depends on your income. If you cannot pay the full cost of therapy, you are charged a reduced fee.</li></ul>
<b>Private health benefits</b>	<ul style="list-style-type: none"><li>• If you have a job or are a student, your employer or school may provide health benefits that cover therapy.</li><li>• Check your benefit plan to find out what is covered (type of therapist and total amount you can claim each year).</li></ul>
<b>Employee Assistance Programs (EAP)</b>	<ul style="list-style-type: none"><li>• Some employers provide EAP services that include free, confidential counselling.</li><li>• Your employer does not need to know you are using these services and the therapist will not tell them.</li><li>• Check with Human Resources for information about EAP services. They may specify the type of therapist you can see and the number of sessions.</li></ul>

<b>Bursaries</b>	<ul style="list-style-type: none"> <li>• If you are a university student with a mental health problem and qualify for OSAP (Ontario Student Assistance Program), you may be eligible for the Bursary for Students with Disabilities. You can use this grant for psychotherapy.</li> <li>• For more information, check with Student Accessibility Services.</li> </ul>
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**Where can I find therapy?**



- This list of therapy services is for information only.
- It is not a complete list of services in the Toronto area.
- We do not endorse any particular therapist or service.

**OHIP covered therapy**

OHIP pays for therapy with a medical doctor. These services usually have waiting lists.

<p><b>Aberfoyle Clinic</b></p> 	<p>304 The East Mall, Suite 102 (Bloor and The East Mall) Phone: 416 231 7968 A mental health clinic with GP psychotherapists and psychiatrists.</p>
<p><b>Canadian Centre for Men and Families</b></p>	<p>Website: <a href="http://www.menandfamilies.org">www.menandfamilies.org</a> 152 Carlton Street, Unit 201 (Sherbourne and Carlton) Phone: 647 479 9611 or 1 844 900 2263 Counselling, peer support and mindfulness meditation.</p>
<p><b>Community Health Centres</b></p>	<p>Website: <a href="http://www.health.gov.on.ca/en/common/system/services/chc/locations.aspx">www.health.gov.on.ca/en/common/system/services/chc/locations.aspx</a> Search for a community health centre in your area that offers individual counselling by social workers.</p>
<p><b>Medical Psychotherapy Association Canada</b></p>	<p>Website: <a href="http://www.mdpac.ca">www.mdpac.ca</a> Phone: 416 410 6644 Search for a doctor that practices psychotherapy.</p>

<p><b>START Clinic for Mood and Anxiety Disorders</b></p>  <p>Requires a referral from your doctor</p>	<p>Website: <a href="http://www.startclinic.ca">www.startclinic.ca</a>  32 Park Road  Phone: 416 598 9344  Individual and group therapy. Therapists include psychiatrists, GP psychotherapists, psychologists and social workers.</p>
<p><b>TeleCBT</b></p>	<p>Website: <a href="https://telecbt.ca/ohip">https://telecbt.ca/ohip</a>  Phone: 416 777 9933  Individual therapy with an OHIP covered doctor.</p>

**Low-cost therapy**

These services may offer a sliding scale based on income, or lower fees for therapists who are students, recent graduates or associates. There may be a waiting list.

<p><b>Affordable Therapy Network</b></p>	<p>Website: <a href="https://affordabletherapynetwork.com">https://affordabletherapynetwork.com</a>  A directory of therapists offering low cost and sliding scale rates across Canada.</p>
<p><b>Centre for Interpersonal Relationships</b></p>	<p>Website: <a href="http://www.cfir.ca">www.cfir.ca</a>  305 - 10 St. Mary Street (Yonge and Bloor)  Phone: 1 855 779-2347  Individual, couples, family and group therapy by doctoral students supervised by psychologists.</p>
<p><b>Catholic Family Services</b></p>	<p>Website: <a href="http://www.cfstoronto.com">www.cfstoronto.com</a>  Many locations  Phone: 416 921 1163  Individual, couples, family and group counselling. Services are available to all.</p>



<b>Family Service Toronto</b>	Website: <a href="http://www.familyservicetoronto.org">www.familyservicetoronto.org</a> Many locations Phone: 416 595 9618 Individual, couples and family counselling. Fees on a sliding scale based on income.
<b>Gestalt Institute of Toronto Student Clinic</b>	Website: <a href="https://gestalt.on.ca/low-cost-therapy-clinic">https://gestalt.on.ca/low-cost-therapy-clinic</a> Individual therapy provided by supervised student therapists at a lower fee.
<b>Jewish Family and Child</b>	Website: <a href="http://www.jfandcs.com">www.jfandcs.com</a> Many locations Phone: 416 921 1163 Individual, couples and family counselling. Services are available to all.
<b>Hard Feelings</b>	Website: <a href="http://www.hardfeelings.org">www.hardfeelings.org</a> 848 Bloor Street West (Bloor and Ossington) and other locations Phone: 416 792 4393 Up to 12 sessions of professional counselling. Fees on a sliding scale based on income.
<b>Open Path Psychotherapy Collective</b>	Website: <a href="https://openpathcollective.org">https://openpathcollective.org</a> A directory of therapists offering lower cost individual therapy sessions.
<b>Toronto Institute for Relational Psychotherapy (TIRP)</b>	Website: <a href="https://www.tirp.ca/lowcost/">https://www.tirp.ca/lowcost/</a> Student therapists charge low fees. Senior students and graduates charge for therapy on a sliding scale. All therapists are supervised by TIRP faculty members.

## Fee-For-Service

You pay the fees for therapists in private practice. They do not usually have waiting lists.

<b>Centre for Interpersonal Relationships</b>	Website: <a href="http://www.cfir.ca">www.cfir.ca</a> 305 - 10 St. Mary Street (Yonge and Bloor) Phone: 1 855 779 2347 Individual, couples, family and group therapy by doctoral students supervised by psychologists.
<b>The Mindfulness Clinic</b>	Website: <a href="http://www.themindfulnessclinic.ca">www.themindfulnessclinic.ca</a> 700 Bay Street, Suite 2200 Phone: 416 847 7118 Individual, couples and group therapy.
<b>Clinic on Dupont</b>	Website: <a href="http://www.theclinicondupont.com">www.theclinicondupont.com</a> 101 Dupont Street (Dupont Street and Avenue Rd) Phone: 416 515 2649 Psychotherapy for individuals, couples and families by psychologists, psychotherapists and social workers.
<b>CBT Associates</b>	Website: <a href="http://www.cbtassociates.com">www.cbtassociates.com</a> Several locations. Phone: 647 693 8187 Individual, couples and group therapy by psychologists and psychological associates.
<b>Layla Care</b>	Website: <a href="https://www.layla.care">https://www.layla.care</a> Phone: 647 374 4210 Individual and group therapy by registered social workers, psychotherapists, and psychologists. Offers a personalized intake service to help match people with a therapist.

<b>Shift Collab</b>	Website: <a href="https://www.shiftcollab.com">https://www.shiftcollab.com</a> Phone: 1 800 661 8681 Individual therapy by registered social workers and psychotherapists. Offers a personalized intake service to help match people with a therapist.
<b>START Clinic for Mood and Anxiety Disorders</b>	Website: <a href="http://www.startclinic.ca">www.startclinic.ca</a> 32 Park Road Phone: 416 598 9344 Individual and group therapy. Therapists include psychiatrists, GP psychotherapists, psychologists and social workers.
<b>TeleCBT</b>	Website: <a href="https://telecbt.ca">https://telecbt.ca</a> Phone: 416 777 9933 Individual and group therapy by registered social workers, psychotherapists, and psychologists.

**If you have a mental health emergency, call 911 or go to your nearest hospital Emergency Room.**

**Important:** This is not a full list of agencies and organizations. The University Health Network does not recommend one organization over another and is not responsible for the care and services provided. Some information may change. Please contact agencies or organizations directly to make sure the information is correct or to find out more about their services.



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