

A Guide to Finding Therapy for People Dealing with Trauma



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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 who can help you deal with past trauma, read this guide. If you have questions or need support, please speak to your health care provider.

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What is trauma therapy?

Trauma therapy, sometimes called trauma-informed therapy, is a way of providing care to help people deal with psychological trauma so they can move on with their life. Psychological trauma often happens when you have extreme stress and it is more than you can cope or live with. Your stress can result from a one-time event or ongoing stress in your life.

Some of the evidence-based therapy approaches used to treat trauma are:

- Eye Movement Desensitization and Reprocessing (EMDR)
- Internal Family Systems (IFS)
- Cognitive Processing Therapy (CPT)
- Sensorimotor Psychotherapy

Who provides trauma 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">▪ Social Worker▪ Occupational Therapist▪ Registered Nurse▪ Nurse Practitioner	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 6 to 8.
- Searching online directories such as:

Green Space 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

- ✓ 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 trauma 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.

Ontario Health Insurance Plan (OHIP)	<ul style="list-style-type: none">• OHIP pays for therapy with a medical professional such as a family doctor or psychiatrist.
Lower-cost therapy services	<ul style="list-style-type: none">• Some community health centres and agencies offer free or low-cost therapy.• Therapy may be provided by student therapists, recent graduates or associates who are being supervised until they are fully qualified.

Sliding scale	<ul style="list-style-type: none"> • 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.
Private health benefits	<ul style="list-style-type: none"> • If you have a job or are a student, your employer or school may provide health benefits that cover therapy. • Check your benefit plan to find out what is covered (type of therapist and total amount you can claim each year).
Employee Assistance Programs (EAP)	<ul style="list-style-type: none"> • Some employers provide EAP services that include free, confidential counselling. • Your employer does not need to know you are using these services and the therapist will not tell them. • Check with Human Resources for information about EAP services. They may specify the type of therapist you can see and the number of sessions.
Bursaries	<ul style="list-style-type: none"> • 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. • For more information, check with Student Accessibility Services.

Where can I find trauma 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>Barbra Schlifer Commemorative Clinic</p>	<p>Website: www.schliferclinic.com 489 College Street, Suite 503 Phone: Intake number 416 323 9149 ext. 234</p> <p>Individual and group counselling for women only.</p>
<p>North York Women’s Centre</p>	<p>Website: http://nywc.org 116 Industry Street Phone: 416 781 0479</p> <p>Support groups for women who have had relationship violence.</p>
<p>Ontario Shores – Ontario Structured Psychotherapy Program</p>	<p>Website: www.ontarioshores.ca/services/ontario-structured-psychotherapy-program Phone: 1 877 767 9642</p> <p>Individual and group counselling for adults with depression and anxiety-related conditions including post-traumatic stress conditions.</p>
<p>The Gatehouse</p>	<p>Website: www.thegatehouse.org 3101 Lakeshore Boulevard West Phone: 416 255 5900 ext. 222</p> <p>Support groups for adult and young adult survivors of childhood sexual abuse.</p>
<p>TeleCBT</p> <p> Requires a referral from your doctor</p>	<p>Website: https://telecbt.ca/upcoming-groups Phone: 416 777 9933</p> <p>5-week educational skills development group for people with a history of trauma.</p>

<p>Women’s College Hospital, Trauma Therapy Program and Women Recovering from Abuse Program</p> 	<p>Website: https://www.womenscollegehospital.ca/care-programs/mental-health 76 Grenville Street, 7th Floor Phone: 416 323 6230</p> <p>For women and men who have had childhood interpersonal trauma.</p>
<p>YWCA of Greater Toronto, Breakthrough</p>	<p>Website: www.ywcatoronto.org West central Toronto and South Scarborough Phone: 416 487 7151 ext. 266, 273 or 267</p> <p>Support groups for women dealing with effects of intimate partner abuse or harmed by other kinds of violence.</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>Affordable Therapy Network</p>	<p>Website: https://affordabletherapynetwork.com</p> <p>A directory of therapists offering low cost and sliding scale rates across Canada.</p>
<p>Centre for Interpersonal Relationships</p>	<p>Website: https://cfir.ca/ 305 – 10 St. Mary Street (Yonge and Bloor) Phone: 1 855 779 2347</p> <p>Individual, couples, family and group therapy by doctoral students supervised by psychologists.</p>
<p>Catholic Family Services</p>	<p>Website: www.cfstoronto.com Many locations Phone: 416-921-1163</p> <p>Individual, couples, family and group counselling. Services are available to all.</p>

Family Service Toronto	Website: www.familyserVICEToronto.org Many locations Phone: 416-595-9618 Individual, couples and family counselling. Fees on a sliding scale based on income.
Inkblot Therapy	Website: https://inkblottherapy.com A network of therapists offering lower cost individual therapy sessions virtually.
Jewish Family and Child	Website: www.jfandcs.com Many locations Phone: 416 921 1163 Individual, couples and family counselling. Services are available to all.
Open Path Psychotherapy Collective	Website: https://openpathcollective.org A directory of therapists offering lower cost individual therapy sessions.

Fee-For-Service

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

Centre for Interpersonal Relationships	Website: https://cfir.ca 305 – 10 St. Mary Street (Yonge and Bloor) Phone: 1 855 779 2347 Individual, couples, family and group therapy by registered psychotherapists, social work therapists and psychologists.
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EBT3	Website: https://www.ebt3.com 2 Carlton St., Suite 1803 Phone: 416 628 4336 Individual and couples therapy provided by registered psychologists.
Layla Care	Website: www.layla.care Phone: 647 374 4210 Individual, couples, family and group therapy provided by registered psychotherapists, social work therapists and psychologists.
New Pathways	Website: https://www.newpathwaystherapy.com 720 Spadina Ave., Suite 306 Phone: 647-955-7661 Individual therapy provided by registered psychotherapists and social work therapists.
Ontario Trauma Network	Website: http://ontariotraumanetwork.ca Individual therapy provided by registered psychotherapists and social work therapists.

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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