

Psychotherapy Referral List

The referral list to follow has been compiled with the intension of serving clients who have accessed services through *Making the Links* at the Hassle Free Clinic. All therapists on this list have extensive training around diverse sexual identities & sexual health (i.e. impact of HIV/AIDS) and they work from a sex-positive, anti-oppressive, anti-racist, anti-homophobic, and harm/risk-reduction perspective. Many of the therapists listed also self-identify as queer.

To be on our referral list, all participating psychotherapists have agreed to the following:

- (1) that the *initial* consultation be **free of charge** to determine if the client-therapist match is an appropriate fit. **Please note** that some therapists may recommend a short phone interview instead to determine suitability—you may decide if this format works for you.
- (2) that the onus of discussing payment options, offering a sliding scale and/or working within a fixed number of sessions (as per coverage limitations) be on the therapist. **Please note** that therapists who provide a sliding scale can often only do so for a limited number of clients at any given time and may therefore suggest a waiting list option for you.

Each therapist has also shown proof of the following:

- (1) malpractice insurance
- (2) that they belong to one of the 5 professions regulated under [Psychotherapy Act](#) (2007) to practice psychotherapy (i.e. MDs, social workers, psychologists, occupational therapists and nurses) or to a professional body (e.g. association/college of psychotherapists or training institutes) that enables them to practice psychotherapy

For information on choosing/interviewing a counsellor, please review the AIDS Committee of Toronto (ACT)'s suggested guidelines:

<http://www.actoronto.org/home.nsf/pages/choosecounsellor>

Abbreviations

CBT	Cognitive Behavioural Therapy
EFT	Emotion-Focused Therapy
EMDR	Eye Movement Desensitization and Reprocessing
TIRP	Toronto Institute for Relational Psychotherapy
MSW	Master of Social Work
RSW	Registered Social Worker with OCSWSSW
CCC	Canadian Certified Counsellor
OACCPP	Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists



**POSITIVE
SPACE**

Andrea Joyce, MSW, RSW		
<i>Location:</i> 244a Dupont Street	+ Therapeutic modalities used: cognitive behavioural therapy, narrative therapy, mindfulness, psychodynamic therapy.	416-668-2711
<i>Hours:</i> Thursday evenings	+Works with issues such as homophobia, HIV/AIDS, grief and loss, trauma, relationship issues, sexuality, addictions. + Adolescents, adults, individuals and couples.	Full \$90 Sliding Scale \$60 (limited)
Asish Purushan, M.Ed.		
<i>Location:</i> 2 College Street, Suite 105	+ Modalities: Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Narrative Therapy, Solution Focused Brief Therapy, Mindfulness based psychotherapy, Motivational Interviewing	647-688-9471 asishpurushan@yahoo.com www.asishpurushan.com
<i>Hours:</i> Evenings 6-10 p Weekends 9-5p	+Works with issues such as anxiety, stress, depression, self-esteem, grief, loss, isolation, trauma, family & relationship issues, loneliness, sexual orientation worries, gender identity concerns, addiction +Individuals, couples	Full \$125 Individual \$150 couples Sliding Scale \$90-125 (limited)
Barbara Brown, MTS		
<i>Location:</i> Eight Branches Healing Arts Centre, 358 Dupont Street	+Masters in Theological Studies in Pastoral Counselling +Body-centred psychotherapist, extensive experience in mental health & addictions. Draws from sensorimotor psychotherapy (trauma), mindfulness, emotion focused therapy, embodied emotional release, and cognitive behavioural	416-912-7087 psychotherapy.barbarabrown@gmail.com
<i>Hours:</i> Tuesdays/Thursdays – afternoons and evening Friday - mornings		Full \$110 Sliding Scale \$45-90 (limited)
Blair Voyvodic, MD		
<i>Location:</i> Queen Street East at Woodbine	+Medical doctor doing psychotherapy related to hormone treatment for gender transition. +Member of Canadian Professional Association for Transsexual Health and certificate from CPATH in Hormone Readiness Assessment.	416-804-2110 blairvoy@yahoo.ca
<i>Hours:</i> Fri/Sat/Sun 12-6p		GP Psychotherapist, OHIP covered



-Making the Links-

Carlos Rivas, PhD Candidate		
<i>Location:</i> TS Medical 692 Euclid Avenue	+Psychotherapist/Hypnotherapist (OACCPP) +Solution-Oriented Psychotherapy using Gestalt Therapy, Focusing, Hypnotherapy, and EMDR (an evidence-based intervention developed to treat traumas and PTSD) +Work with emotional issues, traumas (such as sexual abuse during childhood, HIV-related trauma, culture shock), sexuality + Service provided in English and Spanish	416-912-1365 urbanhealer@me.com readytosolveit.com
<i>Hours:</i> Mon 1-8pm		Full: \$100 Sliding scale: \$60-100
Farzana Doctor, MSW		
<i>Location:</i> Dufferin/Dundas area	+MSW with emphasis on structural/feminist approach; additional training in cognitive-behavioural therapy, hypnosis, emotion-focused therapy, narrative therapy, & psychodynamic.	647-899-8974 farzanadoctor@rogers.com www.farzanadoctor.com
<i>Hours:</i> Tuesdays/Thursdays	+Individuals, couples, family	Full: \$100 Sliding scale: \$35-95
Hershel Russel, MA, M.Ed		
<i>Location:</i> Queen Street East & Woodbine	+Master of Education in Counselling Psychology. Clinical Member, Ontario Society of Psychotherapists	416-6944092 hershel.toronto@gmail.com
<i>Hours:</i> Mon-Fri 8:30a-7:30p	+ Narrative inflected, anti-oppression, psychodynamic approach (Meaning that I think what works must include a respectful, warm, mutual, thoughtfully boundaried client/therapist relationship) +Specialising in work with LGB and especially Trans people; WPATH Hormone Readiness Assessor Training +Since 1989. Adults, individuals and couples.	Full \$105 Sliding Scale \$20-95 (limited)



-Making the Links-

Jason Winkler		
<i>Location:</i> 823A Bloor Street West, 2 nd floor	+Diplomas in Relational Psychotherapy (TIRP), Existential psychotherapy and Integrative psychotherapy & counselling	416-378-8344 jason@jasonwinkler.com
<i>Hours:</i> Monday-Friday	+Working with attachment/relational issues, addictions, anxiety, shame, depression; specialty with LGBT clients +20 years of counselling and psychotherapy experience, working with individuals, couples and groups	Full \$100 Sliding Scale \$60-90 (limited)
Jim Cullen, PhD, RSW		
<i>Location:</i> 10 Navy Wharf Court, Suite #4010	+Cognitive Behavioural, Psychodynamic and Existential models of care are used within an integrated treatment plan. Specializes in Mood, Anxiety, Trauma, Addiction and Process Addictions (Compulsive Gambling or Sex)and interpersonal/relationship conflict	416-500-8843 jmctoronto@gmail.com
<i>Hours:</i> Mon-Fri 10am-8pm Sat/Sun 11am-7pm	+Exclusionary criteria: past suicide attempts within the last 6 months +Individual, couples	Full \$140 Sliding Scale \$100(limited)
Jude Johnston, BSW, MSW		
<i>Location:</i> Christie & Bloor St	+Training in psychodynamic, trauma, CBT, relational, narrative, mindfulness, and attachment theories	416-921-8629 jude.johnston@sympatico.ca
<i>Hours:</i> Tues/Thurs evenings	+Individual, couples	Full \$90 Sliding Scale (limited)
Kurt Zubatiuk, BA, BFA, Dip TIRP (candidate)		
<i>Location:</i> 101 Spadina Ave, Rm 204	+Training in relational psychotherapy (TIRP) including self-psychology, intersubjectivity theory, and attachment theory.	416-928-3049 ext 1 kurt@kaztherapy.com www.kaztherapy.com
<i>Hours:</i> Wed/Thurs- days & evenings Fri-afternoon Mon/Sat – subject to availability	+Individuals	Full \$80 Sliding Scale \$40-70 (limited)



-Making the Links-

Marco Posadas, MSW, RSW

<i>Location:</i> 176 St George Street	+MSW, plus extensive training in psychoanalysis, psychoanalytic psychotherapy, Rogerian client-centred approach, Gestalt, Solution-focused. Sex & kink positive.	416-725-2566 marcposadas@yahoo.com
<i>Hours:</i> Monday to Friday – mostly evenings, some morning spots	+Individuals	Full \$100 Sliding Scale: \$25-100 (limited)

Michel'e Bertrand, M.Ed., CCC

<i>Location:</i> Toronto Healing Arts Centre, Bloor/Christie	+Masters of Education in Counselling Psychology with emphasis on relational and emotion-focused psychotherapies. Additional training in narrative therapy, Gestalt-based art therapy, and relational approaches for complex trauma (ongoing abuse in early or adult relationships).	416-939-0238 michelebertrand@rogers.com www.bertrandcounselling.com
<i>Hours:</i> Mondays, 12-8; Alternate Thurs, 1-5 (Other days where available)	+Other frameworks: family systems therapy	Full \$80 Sliding Scale: \$45+ (daytime)

Nelson Parker, MSW, RSW

<i>Location:</i> 99 Crown's Lane, 4 th Floor	+ Master of Social Work + Psychodynamic psychotherapy; both short- and long-term	416-856-0969 nelson@nelsonparker.ca www.nelsonparker.ca
<i>Hours:</i> Monday to Friday, Days & evenings	+Additional training: solution-focussed, emotionally-focussed, psychoanalytic, and cognitive-behavioural.	Full \$125 Sliding Scale: flexible

Ruth Dorfman, MSW, RSW

<i>Location:</i> Spadina and St. Clair	+Advanced Psychoanalytic Psychotherapy training and extensive Narrative Therapy training.	416-828-7884 ruth.dorfman@gmail.com
<i>Hours:</i> Tues/Thurs 11a-7p	+Specializing in Adult and Adolescent Psychotherapy, Family Therapy and Parenting.	Full \$120 Sliding Scale \$40-120 (limited)
<i>Wed/Fri Flexible hours</i>	+Treatment of anxiety, depression, anger, self-esteem, family conflict, relationship difficulties.	

Sheila Banerjee, M.Ed.

<i>Location:</i> 717 Bloor St. West, at Christie	+Masters of Education in Counselling Psychology. +Provides a framework of mindfulness, body awareness and anti-oppression, also incorporating relational, psychodynamic and narrative approaches. Addresses issues of mood, anxiety, trauma and relationship/interpersonal conflict.	416-220-0261 mindful.approach@gmail.com www.sheilabanerjee.ca
<i>Hours:</i> Mon/Tues 1-8p Thurs 10a-5p		Full \$80 Sliding Scale \$50-70 (limited)



-Making the Links-

Tara Dubrow		
<i>Location:</i> 333 Egilinton Ave East	+Advanced Training Program in Psychoanalytic Psychotherapy (from Toronto Psychoanalytic Society & Institute)	416-457-1967 taradubrow@rogers.com
<i>Hours:</i> Tues/Thurs 9-5p +some evenings		Full \$50 Sliding Scale \$20-50 (limited)
Tara McKee		
<i>Location:</i> Downtown Toronto	+ Gestalt Therapist - completed 4-year training at The Gestalt Institute of Toronto;	416-476-1195 mckee tara@gmail.com
<i>Hours:</i> Evening/Weekends	+ Issues of anxiety, depression, relationships, sexuality, sexual orientation, gender identity, experiences of abuse, trauma, assault, impact of psychiatric or medical diagnosis +Individual, couples	Full \$100 Sliding Scale \$30-100
Trevor Hart, Ph.D., C.Psych		
<i>Location:</i> 114 Maitland Street	+PhD in Clinical Psychology + Therapeutic frameworks include cognitive-behaviour therapy, behaviour therapy, and motivational enhancement counselling.	416-979-5000 x12179 trevor.hart@ryerson.ca
<i>Hours:</i> Tuesdays 4-9p	+ Issues: anxiety, depression, sexual problems, LGB-related concerns, and medical problems, including HIV. + Practicing psychotherapy for over 15 years	Full \$200 Sliding Scale \$160-200 <i>This fee is frequently covered by insurance companies that cover registered psychologists</i>



-Making the Links-

LGBT-Friendly Counselling Agency Services

519 Church Street Community Centre		
<i>Location:</i> 519 Church St	+The Counselling Program at The 519 provides affordable access to professionally trained and supervised counsellors who donate their time. There are no fees for this service.	<i>Program Coordinator</i> 416.392.6878 Ext. 4000 counselling@the519.org
<i>Hours:</i> Varies by counsellor	+A Volunteer Counsellor will see you up to 6 times. If longer term counselling or a group would be helpful, you will be referred to an affordable service. http://www.the519.org/programsservices/the519anti-violenceprogram/counsellingservices	<i>1-2 month wait list</i>
David Kelly Services (Family Service Toronto)		
<i>Location:</i> 355 Church Street	+LGBTQ Supportive Counselling: coming out, relationship issues, gender identity, discrimination, self-esteem, trauma, anxiety, isolation, parenting.	416-595-9618
	+HIV-Specific Counselling: impact of diagnosis, well-being, stigma, loss, disclosure, sexual orientation, anxiety, violence & trauma, depression, etc. www.familyserVICEToronto.org	LGBTQ Counselling – affordable payment plan PLWHA Counselling – free
Living Institute – Student Clinic		
<i>Location:</i> 208 Carlton St	+Clinic offers student interns in the existential-integrative psychotherapy training program operating under supervision. +Approach: psychodynamic, existential, humanistic, transpersonal, somatic, and archetypal psychotherapy.	<i>Caroline Mardon, Director</i> 416-515-0404 info@livinginstitute.org
<i>Hours:</i> Varies by intern	+Initial consultation w/ Caroline Mardon (Clinical Director) to determine suitable match http://www.livinginstitute.org/	<i>Pay what you can</i>