Psychotherapy Referral List

The referral list to follow has been compiled with the intention 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

<table>
<thead>
<tr>
<th>Abbreviations</th>
<th>Description</th>
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<tbody>
<tr>
<td>CBT</td>
<td>Cognitive Behavioural Therapy</td>
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<tr>
<td>EFT</td>
<td>Emotion-Focused Therapy</td>
</tr>
<tr>
<td>EMDR</td>
<td>Eye Movement Desensitization and Reprocessing</td>
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<tr>
<td>TIRP</td>
<td>Toronto Institute for Relational Psychotherapy</td>
</tr>
<tr>
<td>MSW</td>
<td>Master of Social Work</td>
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<tr>
<td>RSW</td>
<td>Registered Social Worker with OCSWSSW</td>
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<tr>
<td>CCC</td>
<td>Canadian Certified Counsellor</td>
</tr>
<tr>
<td>OACCPP</td>
<td>Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists</td>
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<tr>
<td><strong>Andrea Joyce, MSW, RSW</strong></td>
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<tr>
<td><strong>Location:</strong></td>
<td>244a Dupont Street</td>
</tr>
<tr>
<td><strong>Hours:</strong></td>
<td>Thursday evenings</td>
</tr>
<tr>
<td><strong>Therapeutic modalities used:</strong></td>
<td>cognitive behavioural therapy, narrative therapy, mindfulness, psychodynamic therapy.</td>
</tr>
<tr>
<td><strong>Works with issues such as:</strong></td>
<td>homophobia, HIV/AIDS, grief and loss, trauma, relationship issues, sexuality, addictions.</td>
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<tr>
<td>+ Adolescents, adults, individuals and couples.</td>
<td>416-668-2711</td>
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<thead>
<tr>
<th><strong>Asish Purushan, M.Ed.</strong></th>
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<tbody>
<tr>
<td><strong>Location:</strong></td>
<td>2 College Street, Suite 105</td>
</tr>
<tr>
<td><strong>Hours:</strong></td>
<td>Evenings 6-10 p, Weekends 9-5p</td>
</tr>
<tr>
<td><strong>Modalities:</strong></td>
<td>Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Narrative Therapy, Solution Focused Brief Therapy, Mindfulness based psychotherapy, Motivational Interviewing</td>
</tr>
<tr>
<td><strong>Works with issues such as:</strong></td>
<td>anxiety, stress, depression, self-esteem, grief, loss, isolation, trauma, family &amp; relationship issues, loneliness, sexual orientation worries, gender identity concerns, addiction</td>
</tr>
<tr>
<td>+ Individuals, couples</td>
<td>647-688-9471 <a href="mailto:asishpurushan@yahoo.com">asishpurushan@yahoo.com</a> <a href="http://www.asishpurushan.com">www.asishpurushan.com</a></td>
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<tr>
<th><strong>Barbara Brown, MTS</strong></th>
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<tbody>
<tr>
<td><strong>Location:</strong></td>
<td>Eight Branches Healing Arts Centre, 358 Dupont Street</td>
</tr>
<tr>
<td><strong>Hours:</strong></td>
<td>Tuesdays/Thursdays – afternoons and evening, Friday - mornings</td>
</tr>
<tr>
<td><strong>Masters in Theological Studies in Pastoral Counselling</strong></td>
<td>416-912-7087 <a href="mailto:psychotherapy.barbarabrown@gmail.com">psychotherapy.barbarabrown@gmail.com</a></td>
</tr>
<tr>
<td>+ Body-centred psychotherapist, extensive experience in mental health &amp; addictions. Draws from sensorimotor psychotherapy (trauma), mindfulness, emotion focused therapy, embodied emotional release, and cognitive behavioural</td>
<td>Full $110 Sliding Scale $45-90 (limited)</td>
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<tr>
<th><strong>Blair Voyvodic, MD</strong></th>
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<tbody>
<tr>
<td><strong>Location:</strong></td>
<td>Queen Street East at Woodbine</td>
</tr>
<tr>
<td><strong>Hours:</strong></td>
<td>Fri/Sat/Sun 12-6p</td>
</tr>
<tr>
<td><strong>Medical doctor doing psychotherapy related to hormone treatment for gender transition.</strong></td>
<td>416-804-2110 <a href="mailto:blairvoy@yahoo.ca">blairvoy@yahoo.ca</a></td>
</tr>
<tr>
<td>+ Member of Canadian Professional Association for Transsexual Health and certificate from CPATH in Hormone Readiness Assessment.</td>
<td>GP Psychotherapist, OHIP covered</td>
</tr>
<tr>
<td><strong>Carlos Rivas, PhD Candidate</strong></td>
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</table>
| **Location:** | +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 |
| **TS Medical** | 416-912-1365  
[urbanhealer@me.com](mailto:urbanhealer@me.com)  
[readytosolveit.com](http://readytosolveit.com) |
| **692 Euclid Avenue** |  |
| **Hours:** | Full: $100  
Sliding scale: $60-100 |
| **Mon 1-8pm** |  |

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<tr>
<th><strong>Farzana Doctor, MSW</strong></th>
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<tr>
<td><strong>Location:</strong></td>
<td>+MSW with emphasis on structural/feminist approach; additional training in cognitive-behavioural therapy, hypnosis, emotion-focused therapy, narrative therapy, &amp; psychodynamic.</td>
</tr>
</tbody>
</table>
| **Dufferin/Dundas area** | 647-899-8974  
[farzanadoctor@rogers.com](mailto:farzanadoctor@rogers.com)  
[www.farzanadoctor.com](http://www.farzanadoctor.com) |
| **Hours:** | Full: $100  
Sliding scale: $35-95 |
| **Tuesdays/Thursdays** |  |

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<tr>
<th><strong>Hershel Russel, MA, M.Ed</strong></th>
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<tbody>
<tr>
<td><strong>Location:</strong></td>
<td>+Master of Education in Counselling Psychology. Clinical Member, Ontario Society of Psychotherapists</td>
</tr>
</tbody>
</table>
| **Queen Street East & Woodbine** | 416-6944092  
[hersheltoronto@gmail.com](mailto:hersheltoronto@gmail.com) |
| **Hours:** | Full $105  
Sliding Scale $20-95 (limited) |
| **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. |
### Jason Winkler

**Location:**
823A Bloor Street West, 2nd floor

**Hours:**
Monday-Friday

+ Diplomas in Relational Psychotherapy (TIRP), Existential psychotherapy and Integrative psychotherapy & counselling
+ 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

**Contact:**
416-378-8344
jason@jasonwinkler.com

**Location:**
823A Bloor Street West, 2nd floor

**Hours:**
Monday-Friday

### Jim Cullen, PhD, RSW

**Location:**
10 Navy Wharf Court, Suite #4010

**Hours:**
Mon-Fri 10am-8pm
Sat/Sun 11am-7pm

+ 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
+ Exclusionary criteria: past suicide attempts within the last 6 months
+ Individual, couples

**Contact:**
416-500-8843
jmctoronto@gmail.com

**Location:**
10 Navy Wharf Court, Suite #4010

**Hours:**
Mon-Fri 10am-8pm
Sat/Sun 11am-7pm

### Jude Johnston, BSW, MSW

**Location:**
Christie & Bloor St

**Hours:**
Tues/Thurs evenings

+ Training in psychodynamic, trauma, CBT, relational, narrative, mindfulness, and attachment theories
+ Individual, couples

**Contact:**
416-921-8629
jude.johnston@sympatico.ca

**Location:**
Christie & Bloor St

**Hours:**
Tues/Thurs evenings

### Kurt Zubatiuk, BA, BFA, Dip TIRP (candidate)

**Location:**
101 Spadina Ave, Rm 204

**Hours:**
Wed/Thurs days & evenings
Fri-afternoon
Mon/Sat – subject to availability

+ Training in relational psychotherapy (TIRP) including self-psychology, intersubjectivity theory, and attachment theory.
+ Individuals

**Contact:**
416-928-3049 ext 1
kurt@kaztherapy.com
www.kaztherapy.com

**Location:**
101 Spadina Ave, Rm 204

**Hours:**
Wed/Thurs days & evenings
Fri-afternoon
Mon/Sat – subject to availability

+ Full $80
+ Sliding Scale $40-70 (limited)

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Prepared by: Rahim Thawer

Updated January 2014
### Marco Posadas, MSW, RSW

**Location:**
176 St George Street

**Hours:**
Monday to Friday – mostly evenings, some morning spots

+ MSW, plus extensive training in psychoanalysis, psychoanalytic psychotherapy, Rogerian client-centred approach, Gestalt, Solution-focused. Sex & kink positive.

+ Individuals

416-725-2566
marcoposadas@yahoo.com
Full $100
Sliding Scale: $25-100 (limited)

### Michel'e Bertrand, M.Ed., CCC

**Location:**
Toronto Healing Arts Centre, Bloor/Christie

**Hours:**
Mondays, 12-8; Alternate Thurs, 1-5 (Other days where available)

+ 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).

+ Other frameworks: family systems therapy

416-939-0238
michelebertrand@rogers.com
www.bertrandcounselling.com
Full $80
Sliding Scale: $45+ (daytime)

### Nelson Parker, MSW, RSW

**Location:**
99 Crown’s Lane, 4th Floor

**Hours:**
Monday to Friday, Days & evenings

+ Master of Social Work
+ Psychodynamic psychotherapy; both short- and long-term

+ Additional training: solution-focussed, emotionally-focused, psychoanalytic, and cognitive-behavioural.

416-856-0969
nelson@nelsonparker.ca
www.nelsonparker.ca
Full $125
Sliding Scale: flexible

### Ruth Dorfman, MSW, RSW

**Location:**
Spadina and St. Clair

**Hours:**
Tues/Thurs 11a-7p
Wed/Fri Flexible hours

+ Advanced Psychoanalytic Psychotherapy training and extensive Narrative Therapy training.

+ Specializing in Adult and Adolescent Psychotherapy, Family Therapy and Parenting.

+ Treatment of anxiety, depression, anger, self-esteem, family conflict, relationship difficulties.

416-828-7884
ruth.dorfman@gmail.com
Full $120
Sliding Scale $40-120 (limited)

### Sheila Banerjee, M.Ed.

**Location:**
717 Bloor St. West, at Christie

**Hours:**
Mon/Tues 1-8p
Thurs 10a-5p

+ 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
Full $80
Sliding Scale $50-70 (limited)
## Tara Dubrow

**Location:**
333 Egilinton Ave East

**Hours:**
Tues/Thurs 9-5p +some evenings

+ Advanced Training Program in Psychoanalytic Psychotherapy (from Toronto Psychoanalytic Society & Institute)

416-457-1967
taradubrow@rogers.com

Full $50
Sliding Scale $20-50 (limited)

## Tara McKee

**Location:**
Downtown Toronto

**Hours:**
Evening/Weekends

+ Gestalt Therapist - completed 4-year training at The Gestalt Institute of Toronto;

+ Issues of anxiety, depression, relationships, sexuality, sexual orientation, gender identity, experiences of abuse, trauma, assault, impact of psychiatric or medical diagnosis

+Individual, couples

416-476-1195
mckeetara@gmail.com

Full $100
Sliding Scale $30-100

## Trevor Hart, Ph.D., C.Psych

**Location:**
114 Maitland Street

**Hours:**
Tuesdays 4-9p

+ PhD in Clinical Psychology
+ Therapeutic frameworks include cognitive-behaviour therapy, behaviour therapy, and motivational enhancement counselling.

+ Issues: anxiety, depression, sexual problems, LGB-related concerns, and medical problems, including HIV.

+ Practicing psychotherapy for over 15 years

416-979-5000 x12179
trevor.hart@ryerson.ca

Full $200
Sliding Scale $160-200

*This fee is frequently covered by insurance companies that cover registered psychologists*
# LGBT-Friendly Counselling Agency Services

## 519 Church Street Community Centre

<table>
<thead>
<tr>
<th>Location: 519 Church St</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours: Varies by counsellor</td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.the519.org/programsservices/the519anti-violenceprogram/counsellingservices">http://www.the519.org/programsservices/the519anti-violenceprogram/counsellingservices</a></td>
</tr>
<tr>
<td></td>
<td>Program Coordinator 416.392.6878 Ext. 4000 <a href="mailto:counselling@the519.org">counselling@the519.org</a></td>
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<td>1-2 month wait list</td>
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## David Kelly Services (Family Service Toronto)

<table>
<thead>
<tr>
<th>Location: 355 Church Street</th>
<th>LGBTQ Supportive Counselling: coming out, relationship issues, gender identity, discrimination, self-esteem, trauma, anxiety, isolation, parenting.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HIV-Specific Counselling: impact of diagnosis, well-being, stigma, loss, disclosure, sexual orientation, anxiety, violence &amp; trauma, depression, etc.</td>
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<td><a href="http://www.familyservicetoronto.org">www.familyservicetoronto.org</a></td>
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<tr>
<td></td>
<td>416-595-9618</td>
</tr>
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<td></td>
<td>LGBTQ Counselling – affordable payment plan PLWHA Counselling – free</td>
</tr>
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## Living Institute – Student Clinic

<table>
<thead>
<tr>
<th>Location: 208 Carlton St</th>
<th>Clinic offers student interns in the existential-integrative psychotherapy training program operating under supervision. Approach: psychodynamic, existential, humanistic, transpersonal, and archetypal psychotherapy.</th>
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<tbody>
<tr>
<td>Hours: Varies by intern</td>
<td>Initial consultation w/ Caroline Mardon (Clinical Director) to determine suitable match</td>
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<tr>
<td></td>
<td><a href="http://www.livinginstitute.org/">http://www.livinginstitute.org/</a></td>
</tr>
<tr>
<td></td>
<td>Caroline Mardon, Director 416-515-0404 <a href="mailto:info@livinginstitute.org">info@livinginstitute.org</a></td>
</tr>
<tr>
<td></td>
<td>Pay what you can</td>
</tr>
</tbody>
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