

# Artemis Therapy

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126 Seaton Street  
Toronto, Ontario M5A 2T3  
Canada

Phone: 416-368-5395

I'm a psychotherapist in downtown Toronto (Sherbourne and Dundas) offering EFT, Cognitive-Behavioural Therapy and Solution Focussed Brief Therapy. I have worked extensively with the LGBT community in both my private practice and with Alliance Hospice, where I am the Bereavement Coordinator. My therapeutic approach is short-term and focussed on what is holding you back and how to best go forward. I also offer nutritional counselling in terms of how food can affect your moods and overall mental health. I do phone and online therapy, but prefer to see clients in my home office, which is on a quiet residential street within walking distance of the The Village. I offer free phone consultations to see if we're a good fit and answer any questions you might have. Many of my clients are coming from other less-than-successful therapeutic relationships. You do not need to spend a lot of time and money in therapy to see results. Your life can change within a couple of months with these therapies, all of which have been the subject of scientific studies, especially the most tested therapy of all, CBT. They all have an extremely high success rate.

Rates: \$120 an hour

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