

Toronto Cognitive Behavioral Therapy (CBT) and Psychotherapy List

CBT

CBT Associates of Toronto

Offices in Toronto, Etobicoke, North York and Aurora

416-363-4228 **Email:** info@cbtassociates.com **Website:** www.cbtassociates.com

Fees: Sliding scale (self-refer)

Psychologists offer individual, couples, and group CBT. Therapeutic approaches also incorporate elements of behavioral activation, motivational interviewing, mindfulness, exposure and and dialectical behavior therapy

The Clinic on Dupont

101 Dupont Street, Toronto ON M5R 1V4

416-515-2649 **E-mail:** info@theclinicondupont.com **Website:** www.theclinicondupont.com

Fees: sliding scale (self-refer)

Psychologists offer individual CBT for wide variety of psychological concerns.

Forest Hill Centre for CBT

200 St. Clair Ave West, Suite 212

416-432-4587 **E-mail:** info@foresthillcbt.com **Website:** www.foresthillcbt.com

Fees: sliding scale (self-refer)

Psychologists offer individual CBT for mood and anxiety disorders and other psychological concerns.

Toronto Psychology Centre

131 Bloor Street W, Suite 410 Toronto ON

416-333-4909 **E-mail:** info@torontopsychologycentre.com **Website:** www.torontopsychologycentre.com

Fees: sliding scale (self-refer)

Psychologists offer CBT, Emotion-Focused Therapy (EFT) and Interpersonal Therapy (IPT)

Cognitive & Interpersonal Therapy Centre

20 Eglinton Ave W, Suite 1007, Toronto ON

416-570-5050, **E-mail:** info@citcassociates.com **Website:** www.citcassociates.com

Fees: sliding scale (self-refer)

Psychologists offer counseling for mood & anxiety disorders and insomnia

Psychotherapy

The Medical Clinic for Person-Centered Psychotherapy

265 Yorkland Blvd, Unit 403, North York ON

416-229-2399 **Website:** www.medicalpsychclinic.org

Offer OHIP-covered psychotherapy for a range of mood disorders and related stressors

Fees: Free (GP referral required-visit website for referral form)

Toronto Institute for Relational Psychotherapy-Low Cost Counseling Therapy

918 Bathurst Street, Toronto ON

Website: <http://www.tirp-lowcost-therapy.ca>

Fees: \$20/session with a student; \$40/session with a recent graduate (self-refer)

Supervised graduate students offer low-cost individual and couple's counselling. Locations outside Toronto.

Ontario Psychotherapy & Counseling Referral Network

416-920-9355 (Toronto). 905-682-3065 (Niagara Area) **email:** referrals.psychotherapyandcounseling.ca

Fees: sliding scale (self-refer)

Psychotherapy and counseling strategies for immediate crisis and long-term health concerns.

Toronto Psychotherapy Group

120 Carlton Street, Suite 413 Toronto ON

416-91205480 **Website:** www.torontopsychotherapygroup.com

Fees: \$65-125 per session (self-refer)

Psychotherapy for mood disorders, addictions, OCD and other psychological concerns.

Ontario Society of Psychotherapists

416-923-4050 **Website:** www.psychotherapyontario.org

Referral service that will match you to a psychotherapist in your area. Call or search online.

Toronto Psychotherapists

330 Dupont Street, Suite 101 Toronto ON M5R 1V9

416-930-3142 **E-mail:** admin@torontopsychotherapists.ca **Website:** torontopsychotherapy.ca

Fees: \$60-120 per session (self-refer)

Counselors provide individual psychotherapy, CBT, fertility counseling, family therapy, body-centered therapy and couples counseling

Aberfoyle Clinic

304 The East Mall Rd NW, Suite 102 Etobicoke ON

416-231-7968

Fees: Free (OHIP covered)

GPs provide psychotherapy for a range of psychological concerns

Spadina Therapy Centre

37 Spadina Road, Toronto ON

416-410-4778 (leave voicemail). Or visit website to contact therapist of your choice directly.

Fees: Sliding scale

Individual, couples counseling, and emotion-oriented body work for a range of psychological concerns

Psychotherapy & Counseling Centre

2150 Bloor Street W, Suite 102 Toronto ON

416-516-6969

Fees: Some OHIP covered, some for fee.

GP psychotherapists and counselors provide psychotherapy for a range of psychological concerns

Toronto Family Services

Locations in Toronto, Etobicoke, North York, Rexdale and Scarborough

Intake line: 416-595-9618 **Website:** www.familyserVICetoronto.org

Fees: sliding scale, will not turn away anyone who cannot afford the fees.

Counselors provide therapy for mood and anxiety-related concerns, trauma, stress, relationship difficulties

Catholic Family Services

1155 Yonge Street, Suite 200; 5799 Yonge Street, Suite 300

416-921-1163; 416-222-0048 **E-mail:** info@cfstoronto.com

Fees: sliding scale, will not turn away anyone who cannot afford the fees

Counselors provide therapy for mood and anxiety-related concerns, trauma, stress, relationship difficulties