



# Collingwood Psychotherapy & Yoga Centre



# Welcome

We created this client welcome brochure to help new clients of CPYC understand what to expect when starting therapy with our team. We hope it provides you with some reassurance about starting therapy.

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Tara - Extension 1  
Peter - Extension 2  
Andrew - Extension 4  
Sarah - Extension 5  
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James - Extension 7

## ABOUT US

Our team consists of four highly qualified experienced, and compassionate psychotherapists and an Office Manager. We are based in Collingwood, Ontario



## WHY CHOOSE US?

We empower clients to heal from the roots of trauma by engaging inner technologies, guiding them from fragmentation toward wholeness. Our mission is to help individuals connect deeply with their inner worlds, embodying principles like love, joy, peace, and compassion.



**Tara McGee**

*Director, MSW, RSW,  
Psychotherapist.*



**Peter Madore**

*Registered  
Psychotherapist*



**Andrew Best**

*Registered  
Psychotherapist  
(Qualifying)*



**Sarah Kinsley**

*Registered  
Psychotherapist*



**Rhonda Breitbach**

*Registered  
Psychotherapist  
(Qualifying).*



**James Aitchison**

*Registered  
Psychotherapist  
(Qualifying)*



**Sharon Hendry**

*Office Manager*

## OUR LOCATIONS

We have two locations - what to expect when you arrive at our locations.

### 126 HURONTARIO STREET

Paid parking is available on Hurontario Street and a public car park via Second Street.



- Located on 2nd floor, Suite 201
- Keys to the washrooms are located on the shelf in the waiting room.
- Your therapist will come to greet you and will go through the intake form if you haven't completed it.
- Your therapist will take payment at the start of the session.



### 124 ONTARIO STREET

Free parking is available at the side of the building



- Take off your shoes (slippers available) as you enter
- Take a seat in the waiting room.
- The washroom is available in the reception/waiting room
- Your therapist will come to greet you and take you to the 2nd floor, your therapist will go through the intake form if you haven't completed it.
- Your therapist will take payment at the start of the session.

# Therapy Types

It can be confusing to know what "type of therapy" you require, there are so many frameworks and theories that therapists use. We want to share with you some of the therapy frameworks and practices we utilize in our team.

We work from the following theoretical frameworks:

- **Relational Psychotherapy** - is a therapeutic approach based on the idea that mutually satisfying relationships with others are necessary for one's emotional well-being.
- **Comprehensive Resource Model (CRM)®** - is a neuro-biologically based, affect-focused trauma treatment model which facilitates targeting of traumatic experiences by bridging the most primitive aspects of the person and their brain (midbrain/brainstem), to their purest, healthiest parts of the self.
- **Trauma Informed Stabilization Treatment (TIST)** - developed to provide a trauma-informed approach to the challenges of treating self-destructive behavior
- **Attachment-Focused** - is an approach to therapy that specifically targets those thoughts, feelings, communications, behaviors, and interpersonal exchanges that clients have learned either to suppress and avoid or to amplify and overemphasize because of early attachment experiences.
- **Neurobiological** - an approach to mental health counselling that considers the relationship between the mind, brain, body, environment, social interaction, and well-being
- **Somatic Experiencing Therapy** - A body-oriented approach to the resolution and healing of individual and collective trauma. Focusing on releasing trauma -related stress stored in the body. Unlike talk therapy, SE emphasizes processing experiences through the nervous system rather than solely through cognitive or emotional processing. This can involve "somatic experiencing touch therapy" which involves personal contact with the client (with consent).
- **Mindfulness-Based Interventions (MBI)** - refers to therapeutic approaches that offer mindfulness-based practices alongside other forms of psychotherapy. The core aim is to cultivate a non-judgmental awareness of thoughts, emotions, body sensations, and behaviours to improve emotional regulation and reduce impulsive reactions, creating healthier relationships to self and others. Examples include: Mindfulness-Based Cognitive Therapy (MBCT), Mindful Eating.
- **Expressive Arts Therapy** - By using creative tools like movement, visual art, sound, writing, and natural or found materials, we invite the body's knowing into the process. This kind of work can be deeply intuitive, giving form to what may be unspoken, offering a powerful alternative to talk therapy.
- **Yoga Therapy** - is the process of empowering individuals to progress toward improved health and well-being through the application of the teachings and practices of Yoga

# Starting Therapy

## Nervous?

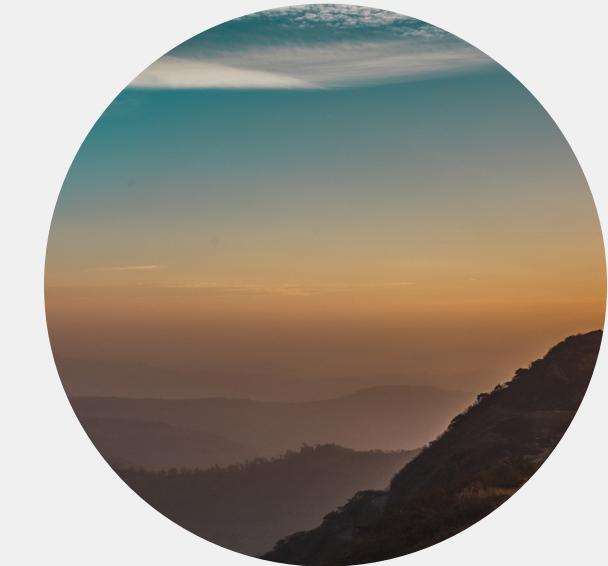
If you feel embarrassed or nervous to come to therapy, you are not alone. The most common reason people do not access mental health services is that they are worried about being judged by the therapist or other people who know they are seeking help. We aim to create a non-judgmental and confidential environment so that you can feel comfortable doing your therapy work and talking to us if difficulty between us arises.



## You are in the right place if you..

- Are looking to understand how to feel more connected in relationships.
- Are willing to commit the time and energy for regular sessions and possibly homework to engage in the process of change.
- Recognize that our role as therapists is to create a comfortable space for you to explore your emotions and to guide you as you work to connect more deeply to others and your internal world.
- Appreciate a caring, intuitive, experienced, hopeful and authentic healing dialogue.
- Are interested in alternatives to 1:1 therapy; retreats, yoga therapy, psychoeducational groups to address trauma, parenting, teen issues, depression and anxiety symptoms.

# Ending Therapy



There will be a time when your therapy will come to an end, this ending may not be forever, because therapy is always available when you need it. We discuss with our clients when we feel the time is right to approach the subject of transitioning out of therapy and clients are always welcome to end therapy when they feel ready.

There are no "rules" about how long your therapy will last, each person is individual - the goal is that we have a closing session when you decide to end your work for now, and you are in place where you will continue to heal and grow.

*Thank you for putting your trust in us*