



Last updated: July 2011

HIV/AIDS Counsellors and Psychotherapists in Toronto

HIV/AIDS Counsellors and Psychotherapists is one of various Community Resource Guides created by the Service Access Centre at ACT.

Other Guides are as follows:

- Anonymous HIV testing sites in Toronto
- HIV Care Doctors in Toronto
- If you do not have Ontario Health Insurance (OHIP)
- Toronto Dentists

All of these Guides are available in the Service Access area at the A offices (399 Church Street, 4th floor, and on the ACT website (www.actoronto.org/referral-lists). For further information on these guides and their distribution, please contact:

Service Access Centre, ACT
399 Church Street, 4th floor
TORONTO, ONTARIO M5B 2J6
416-340-2437

ACT's hours of operation are: Mondays - Thursdays 10am-9pm; Fridays 10am-5pm, closed on weekends and statutory holidays.

For further information regarding HIV related services throughout the GTA, you can also contact:

- AIDS and Sexual Health Info line: 416-392-2437 or 1-800-668-2437
- ASO411 (www.aso411.ca)
- Find Help Information Services (211 Toronto): 416-397-4636 or www.211.ca



Choosing a Counsellor

Choosing a counsellor you feel comfortable with can take time and effort, but it is an important investment in your overall health. We hope that this guide will give you some ideas and options to consider when you're looking for a counsellor.

The first step is to decide on the type of counsellor you want. Psychiatrists, psychologists, social workers, therapists, counsellors, and some physicians all use the word "counselling" to describe their work. No one type of counsellor is best for everyone. Some will feel like a better fit than others.

Psychiatrists are medical doctors with special training in counselling, and they usually need a referral from your doctor. Your doctor may also be a trained counsellor. Only psychiatrists and medical doctors can prescribe medications. Their fees are covered by the Ontario Health Insurance Plan (OHIP).

Psychologists are trained counsellors who are not medical doctors, so their fees are not usually covered by OHIP, but some private insurance plans may pay all or part of their fees.

Social workers are also trained counsellors who are often associated with social service agencies, although some work independently. Private insurance plans may pay all or part of their fees.

'Therapist' and 'Counsellor' are generic names that refer to someone who practices one of many different kinds of counselling. Very few private insurance plans will cover their fees. They may be trained in a particular kind of counselling, or may have developed expertise on their own.

Here are some things to consider that might play a part in your decision:

- Check your health insurance plan. Is counselling (or therapy, psychological services) covered under your plan? If so, what is covered, and for how long? What percentage of the fee is covered?
- Think about whom you'd feel most comfortable talking to. Is it important to you to have a counsellor of the same gender? Same sexual orientation? Same racial, ethnic, or cultural background?

When you've made some decisions, it's time to find some names. Check with your local AIDS service organization, your hospital or HIV clinic, or your doctor. They may offer counselling themselves, or be able to refer you to a counsellor. Once you have the names of a few counsellors, call them to let them know you would like to see them for an initial interview. These interviews should be free of charge. Don't hesitate to ask about fees over the phone, and whether he or she has a sliding scale.



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(Psychiatrists' fees are covered by OHIP, but some may want you to pay for other tasks, such as writing letters or filling out forms.)

Interviewing the Counsellor:

During your interview with the counsellor, ask her/him to describe in plain language, the kind of counselling she or he practices. For instance, not all psychiatrists take the same approach to counselling. Some will give you clear direction about how to deal with your problems and concerns; others will simply guide you with questions or comments. Some will concentrate on your dreams, others on your childhood — there are many different techniques. You'll find the same variety among psychologists, doctors, social workers and therapists/counsellors. Each approach works for some people, but again, some will feel like a better fit for you.

What background and experience does she/he have? Does she/he have any special training in HIV issues? Does the counsellor receive regular clinical supervision? Ask if she/he is a member of a professional association. These may seem like challenging, and almost rude questions. But in Ontario, anyone can call him or herself a counsellor or therapist, and there is no single governing body which regulates the activities of counsellors. So it's very important to make sure you are satisfied with his or her qualifications. If the counsellor is threatened by your questions, then this is not the person for you.

What is the counsellor's cancellation policy? Will you be billed for missed appointments if you have to cancel at the last minute? If your insurance pays on your behalf, will the counsellor bill it directly?

You should expect that the counsellor will answer your questions without becoming defensive. Be wary of any counsellor who claims that his or her method of counselling is the only valid one.



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Your Relationship with your Counsellor

A counsellor should never encourage you to be her/his friend. As much as you may grow to like your counsellor, the relationship should remain professional at all times. A sexual advance by any counsellor is harassment and an abuse of the client/counsellor relationship. It should be reported to the counsellor's professional association, if she/he belongs to one.

See below for the colleges that regulate your counsellor. Only counsellors who are members of these bodies can be disciplined by them.

Profession	Governing Body
Psychiatrist	College of Physicians and Surgeons of Ontario 416-967-2603
Psychologist	Ontario Psychological Association 416-961-5552
Social Worker	Ontario Association of Social Workers 416-923-4848 Ontario College of Social Workers and Social Service Workers 416-978-9882
Nurse	Registered Nurses' Association of Ontario 416-599-1925



COUNSELLORS AND PSYCHOTHERAPISTS IN TORONTO

Agencies:

Bellwood Health Services Inc.

(Team of social workers)

1020 McNicoll Avenue

Toronto, Ontario

E-mail: info@bellwood.ca

Website: www.bellwood.ca

Residential and out-patient programs for alcohol, drug, and eating disorders.

Tel: 416-495-0926

Sherbourne Health Centre

333 Sherbourne Street

Toronto, Ontario

E-mail: info@sherbourne.on.ca

Website: www.sherbourne.on.ca

LGBT issues; culturally sensitive mental health programs and services.

To make an appointment with a Mental Health Counsellor, contact medical reception at 416-324-4180 10am – 1pm weekdays and ask to speak to an Intake Counsellor.

Tel: 416-324-4180

Fax: 416-324-4181

Hours: Monday – Friday: 9:00am – 5:00pm

Pride & Prejudice - CTYS

Central Toronto Youth Services

65 Wellesley Street East Suite 300

Toronto, Ontario

Website: www.ctys.org

Provides individual counselling/psychotherapy and support groups for queer and trans-youth, 25yrs and younger dealing with sexual orientation and gender identity issues, anxiety, depression and sexual abuse.

Tel: 416-924-2100

Fax: 416-924-2930

Counsellors:

Sheila Barry (Counsellor)

Alliance Hospice

29 Gervais Drive Suite 201

Toronto, Ontario M3C 1Y9

E-mail: sberry@alliancehospice.ca

Website: www.alliancehospice.ca

Individual counselling and groups on grief/loss. Anticipatory grief and bereavement.

Tel: 416-385-8885 ext. 23

Fax: 416-385-8887

Hours: Monday - Wednesday 9:30am-5:00pm

Kim Chiotti (Counsellor)

36 Madison Avenue

Toronto, Ontario

Counselling in bereavement and grief, depression, HIV, and relationship issues.

Tel: 416-515-0197

Hours: Monday-Thursday 9:00am-5:30pm



COUNSELLORS AND PSYCHOTHERAPISTS IN TORONTO

Brian Condie (Counsellor)

488 Atlas Avenue
Toronto, Ontario

Short term counselling for individuals and couples;
long-term psychotherapy.
Tel: 416-712-9521
Fax: 416-657-8397
Hours: Monday-Friday 5:00pm to 8:00pm

Sandra Lewis (Counsellor)

29 Gervais Drive
Toronto, Ontario
E-mail: info@alliancehospice.ca
Website: www.alliancehospice.ca

Support and Bereavement
Tel: 416-385-8885
Fax: 416-385-8887
Hours: Monday-Thursday 9am-5:30pm

Dave Neary (Counsellor)

94 Cumberland Street Suite 806
Toronto, Ontario
Website: www.daveneary.com

Solution-Focus therapy, Cognitive Behavioural therapy
Emotional –focused therapy
Tel: 647-985-6535

Dino Paoletti (Counsellor)

407-A Danforth Avenue
Toronto, Ontario

Individual counselling and psychotherapy.
Tel: 416-406-6227
Hours: Mondays and Tuesdays. Please call for times.

Adam Segal (Counsellor)

Harbord Health Centre
100 Harbord Street
Toronto, Ontario
E-mail: segaladam@sympatico.ca
Website: www.adamsegal.ca

Individual counselling/psychotherapy.
Tel: 416-556-9616
Targeting persons living with/affected by HIV/AIDS.

Psychiatrists/Psychotherapists:

Dr. Ken Balderson (Psychiatrist)

St. Michael's Hospital – Cardinal Carter Wing
30 Bond Street Room 17033
Toronto, Ontario

Accepts patients with doctor's referrals *only*.
Tel: 416-864-3082
Fax: 416-864-3091

Mark Halman (Psychiatrist)

St. Michael's Hospital, Cardinal Carter Wing
30 Bond Street Room 17033
Toronto, Ontario

Psychiatric Assessment and Care.
Dementia evaluation. Accepting patients
with doctor's referrals *only*.
Tel: 416-864-3082



COUNSELLORS AND PSYCHOTHERAPISTS IN TORONTO

Darren Higgins (Psychiatrist)

Mount Sinai Hospital for HIV-related concerns
600 University Avenue Room R964
Toronto, Ontario

Tel: 416-586-8714
Fax: 416-586-5970

Dr. Julie Richter (Psychotherapist)

150 Consumers Road Suite 209
Toronto, Ontario
Website: www.chronicillness.ca

Group psychology with mind/body medicine focus.
Tel: 416-782-5030
Fax: 416-499-0228
Targeting adults 20yrs and older

Psychologists:

Dr. Rosemary Barnes (Psychologist)

320 Danforth Avenue Suite 201
Toronto, Ontario

Assessment and individual psychotherapy.
Tel: 416-466-6544
Fax: 416-466-5956

Dr. Greg Carter (Psychologist)

220 Dundas Street West
Toronto, Ontario

Short term and long term individual psychotherapy.
Tel: 905-668-2656
Fax: 905-668-5433

Dr. Rick Lindal (Psychologist)

2 Carlton Street Suite 1405
Toronto, Ontario
Website: www.drrick.ca

Individual and couple psychotherapy.
Tel: 416-595-0958

Dr. Rakesh Ratti (Psychologist)

2 Carlton Street Suite 1405
Toronto, Ontario

Individuals, couples, family and group sessions.
Tel: 416-532-1075

Social Workers:

Michelina P. Belliscosco (Social Worker)

489 College Street Suite 201
Toronto, Ontario
E-mail: mickey.bellicoso@rogers.com

Individual, couple and family psychotherapy
Tel: 416-929-1816 Ext222
Fax: 416-929-3035



COUNSELLORS AND PSYCHOTHERAPISTS IN TORONTO

Margot Freeman (Social Worker)

188 Eglinton Avenue West Suite 405
Toronto, Ontario
E-mail: margot@talktomargot.com
Website: www.talktomargot.com

Self-esteem, relationships, bereavement, anxiety,
and a number of other issues.
Tel: 416-482-0355
Fax: 416-482-4273

Laura Klie (Social Worker)

Sunnybrook Health Sciences Centre - HIV Program
2075 Bayview Avenue Room H266
Toronto, Ontario

Counselling and psychotherapy.
Tel: 416-480-6100 ext. 2556

Nancy Mayer (Social Worker)

55 Eglinton Avenue East, Suite 506
Toronto, Ontario
E-mail: nmayer@ckconsultation.com
Website: www.ckmconsultation.com

Individual, couple, and family therapy.
Tel: 416-480-1611 ext. 224
Fax: 416-480-2922

John Montague (Social Worker)

80 Carlton Street
Toronto, Ontario
E-mail: johnmontague@symaptico.ca
Website: www.johnmontague.ca

Professional counselling.
Tel: 416-523-6449

Nick Mule (Social Worker)

77 Maitland Place Suite 820
Toronto, Ontario
E-mail: nickm@look.ca

Counselling in anxiety, self-esteem, and bereavement.
Tel: 416-926-9135