

Private Therapist Matching

1. **Green Space Health** (www.greenspacehealth.ca)

This platform matches individuals with private therapists in Ontario based on fit. It is free to register for matching, but the cost for therapy is between \$100-250/session. Once matched with a therapist, this program also has the option for you and your therapist to track your progress over time, using validated tools.

Process: Create an account online, fill out a questionnaire, and a case manager will be in touch (by phone or email, depending on what you prefer) within 48 hours to provide therapist recommendations. Therapists are covered by most insurance plans.

2. **Layla** (www.layla.care) 1-888-695-2952

This platform matches individuals (age 12+) with private therapists based on fit in Toronto, Durham, York, Peel, Halton and Hamilton. It is free to register for matching and all therapists charge \$150/session.

Process: Fill out a brief questionnaire online and book a 20 minute phone call with a Layla service manager to discuss your situation. The service manager will then make specific therapist recommendations based on your preferences. Therapists are covered by most insurance plans.

Private Therapist Directories

3. **Psychology Today** (www.psychologytoday.com)

This website provides a directory of private therapists.

Process: You can narrow down your search by typing in your address, and on the left-hand side of the website, can select criteria such as the concern you would like to address, the name of your insurance company, the type of therapy you are interested in, etc. Each therapist has a biography and contact information, and you can contact each therapist directly to book an initial consultation.

4. **Psychotherapy Matters** (psychotherapymatters.com)

This is a network of private therapists with access to psychiatric support. An individual gets connected to a private therapist by searching the online directory. Once connected with a therapist, there is the option of being seen for a virtual psychiatric assessment (with possibility of follow-up if needed). All therapy services are fee-for-service, but the psychiatric consultations are OHIP-covered.

5. **Psychotherapy Ontario** (www.psychotherapyontario.org/find-a-therapist)

Online directory of registered psychotherapists.

6. **Canadian Association of Cognitive and Behavioural Therapies (CACBT)**
(cacbt.ca/en/certification/find-a-certified-therapist/)

Frequently Asked Question:

What is the difference between social workers, psychotherapists, psychologists, and psychiatrists?

Psychiatrist: This professional group has a medical degree and specialty training in psychiatry and, unlike most psychotherapists, can prescribe medication. While psychiatrists are trained in psychotherapy, they typically see patients for diagnostic assessment and treatment recommendations and most do not offer ongoing therapy unless this is a part of their practice. As medical doctors, they are OHIP-covered.

Psychologist: This professional has a PhD in psychology (>9 years of university education & 1 year of supervised practice). In addition to performing talk therapy, they have training in psychological testing and diagnostic assessments. Even though psychologists have a PhD, their fees are not covered by OHIP, and they cannot prescribe medication. If they work within a community agency or hospital, their services may be covered.

Psychotherapist: This is an umbrella term for any professional who is trained to treat people for their emotional problems. In Ontario, psychotherapists must be registered with the Ontario College of Registered Psychotherapists or another regulatory college.

Social Worker: Social workers can work in a variety of settings, and many practice psychotherapy. Their education/training is clinical (although with fewer years of training than a psychologist). Their education usually includes a Master's degree (MSW) and they are registered with the Ontario College of Social Workers and Social Service Workers. They often emphasize the individual in their environment during treatment, and they do not provide psychological testing.

Type of Therapy	How It Works
Cognitive Behavioral Therapy (CBT)	<ul style="list-style-type: none"> • CBT is based on the belief that your thoughts, mood and behavior are interconnected. • CBT teaches you to identify, challenge and change unhealthy thought patterns and behaviors. • Requires homework in between therapy sessions Beneficial for depression, anxiety and phobias.
Mindfulness-based Therapy	<ul style="list-style-type: none"> • Mindfulness techniques focus less on identifying and changing problematic thoughts and behaviors, and teach you to accept your thoughts and feelings, without judgement. The goal is to become less attached to your thoughts and emotions. • Beneficial for depression, anxiety, stress and general wellbeing.
Dialectal Behavior Therapy (DBT)	<ul style="list-style-type: none"> • Combines principles of CBT and mindfulness. ‘Dialectic’ means to hold two seemingly opposite things at once (ie. accepting yourself and also learning to make necessary changes). • DBT skills help you learn to manage difficult emotions, tolerate stress and improve relationships with others. • Beneficial for borderline personality disorder, addiction, depression, PTSD and eating disorders.
Acceptance and Commitment Therapy (ACT)	<ul style="list-style-type: none"> • Also combines principles of CBT and mindfulness. • This approach helps you accept yourself and your circumstances, identify what you value most in life and take action to pursue your value-driven goals, even while experiencing difficulties. • Beneficial for anxiety, depression and stress.
Interpersonal Therapy	<ul style="list-style-type: none"> • Very structured therapy, based on the idea that mental health concerns/stress are due to difficulties in everyday relationships. • By learning effective strategies to deal with relationship struggles, your mood will often improve. • Beneficial for major depression and can also be used to treat eating disorders and anxiety.
Narrative Therapy	<ul style="list-style-type: none"> • This approach separates you from your problem and encourages you to identify your skills and use them to effectively confront the challenges you are experiencing. • You are encouraged to see your experiences as personal ‘stories’ and you are empowered to create new stories.
Psychodynamic Therapy	<ul style="list-style-type: none"> • Helps you analyze and resolve current problems by examining what has happened to you in the past. • This is a long-term therapy (over a year) that is usually delivered privately, so it is often expensive.
Solution-focused Therapy	<ul style="list-style-type: none"> • This is a brief therapeutic approach that encourages you to look for ‘exceptions’ to your problem, to identify current strengths and focus on future goals.