



The Centre for Psychology and Emotion Regulation

Where Compassion Meets Care.

Home to a recognized and diverse group of over 20 dedicated and highly skilled clinicians deeply committed to providing compassionate care, centered on lived experience, and advocating for those who have been misunderstood and lost in the system. Our commitments involve creating safe and inclusive spaces, ongoing training and consulting with international experts and experts by experience, and situating our treatments and policies in a trauma-informed and weight-neutral perspective

Let's work together to find the balance and peace that you deserve.

4 Diverse Program Tracks to Meet Your Unique Needs

**Please inquire about insurance coverage and OHIP options*



Eating Disorders Program

Our eating disorder program is built on years of advocacy and places great value on offering different care pathways for healing and recovery. We treat all eating disorders and predominantly use MED-DBT for its focus on dialectics, treating co-occurring difficulties, skills building, harm reduction, and non-judgment. We also offer CBT-ED approaches and CBT-ARFID. All of our treatments operate from a weight neutral perspective and a health-at-every-size-philosophy.



Dialectical Behavior Therapy

DBT is a comprehensive, multi-model treatment that balances acceptance based strategies and Eastern meditative practices with change based interventions. DBT is the frontline treatment for borderline personality disorder and recurrent suicide or self-injury and has been widely adapted for many other conditions for which emotion regulation plays a key role. We are proud to offer standard DBT, DBT skills-only options, DBT-PE (trauma-based) and MED-DBT (eating disorder based).



Trauma/PTSD Program

Our trauma program is diverse and offers several treatment options including CBT, CPT, EMDR, and links to our DBT program (DBT-PE). This care pathway supports individuals with PTSD and trauma-related symptoms. We also work closely with the WSIB, Military and Veterans Affairs, and first responders across the province to provide the highest standard of trauma care. We also specialize in emotional abuse, psychological mistreatment, and other forms of traumatic invalidation.



Mood, Anxiety and Wellness

Our mood, anxiety & wellness track is designed to help with depression, anxiety, grief and loss, life transitions, self-esteem difficulties and other mental health struggles. Flexible and supportive, this track provides supportive counselling options, compassion-focused treatments, CBT, as well as acceptance and mindfulness-based interventions to alleviate suffering and improve quality of life. This track also provides wellness support and yoga options.

Vision, Values & Expertise

- Client-Centred, Lived-Experience Informed
- Advocates for the underserved and misunderstood
- Diverse, equitable and accessible care.
- Trauma informed evidence-based practice
- Multidisciplinary team with 25+ years in the field.

