

# TORONTO PSYCHOLOGICAL SERVICES & ALLIED HEALTH PROFESSIONALS

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## Welcome!

Toronto Psychological Services and Allied Health Professionals (TPS) are located in west Toronto services. **We offer psychological assessment and counselling to adults, couples and children. As well, we offer assessment, play therapy and/or counselling to children, adolescents (aged 3+ years).**

## Fees and Hours

Psychological service fees at TPS are generally covered by workplace insurance benefits. OHIP does not cover psychological services. Service: days, evenings and Saturdays. **Visa, Mastercard, Interac/Cash** accepted

## Psychological Services at TPS

### Counselling/ Psychotherapy for Adults/Couples/Adolescents:

TPS offers sensitive, confidential counselling to children/teens/adults for a wide range of issues such as: work problems, anxiety, depression, recovery from abuse/violence, self-esteem, relationship/marital difficulties, parenting and stress to name just a few. **Telephone counselling is also available.**

### Play Therapy for Young Children:

Children haven't always attained the maturity or communication skills to discuss their feelings, thoughts or problems verbally. Developmental delays and/or deficits on language development can hamper a child's ability to communicate their experiences. Play is a meaningful and significant way for kids to express fears, confusing thoughts distressing feelings with a therapist specially trained to work with children. In a play therapy room, kids use toys, play materials to express what they are unable to say with words.

### Psychological Assessments:

We offer assessments and realistic recommendations for self-referring individuals, parents, school personnel, pediatricians, family doctors and other clinicians.

- ❖ **Educational Assessment:** An educational assessment can identify the underlying issues that may be preventing a student from achieving his or her academic potential. Similarly, an individual who is excelling at school may require support and enrichment within the classroom. **Learning Disabilities, developmental delay, giftedness, Autism and Aspergers can be identified during you or your child's educational assessment.**
- ❖ **Behavioural Assessment:** Some individuals appear to be chronically inflexible with a limited tolerance for frustration. Others are impulsive, inattentive and hyperactive. Still other individuals have limited social and/or communication skills. Attention-Deficit Hyperactivity Disorder and many disruptive behaviors can be identified during a behavioural assessment.
- ❖ **Clinical Assessment:** We all tolerate incredible stressors in our fast paced world. Anxiety, depression, intense shyness, phobic response and/or withdrawal are often the result. Understanding requires an investigation into you or your child's feelings and thoughts often followed by professional treatment.
- ❖ **Motor Vehicle/WSIB Assessment:** Conducted to investigate the existence, nature and degree of psychological dysfunction that may have resulted directly or indirectly from an accident/injury. The assessment will provide clients/insurers/lawyers/workplace with feedback regarding an individual's present emotional status as well as treatment recommendations, should they be necessary, that might advance an individual's return to pre-morbid functioning.

## Toronto Psychological Services Staff

Staff members of **Toronto Psychological Services** are highly trained, qualified clinical practitioners with many years of experience. TPS staff members belong to the College of Psychologists of Ontario or are supervised by a member of CPO. Some staff members work exclusively with *children* aged 3+ years of age and *adolescents*. Other staff members work exclusively with *adults*, *couples* and *family* groups.

**Jancy King, M.Ed., C. Psych. Assoc.**, director of TPS, is a member of the College of Psychologists of Ontario. Jancy provides psychological assessment for Learning Disabilities, developmental delay, attention, ADHD, behaviour, PDD (Autism/Aspergers), social and emotional problems. She enjoys counselling adults and couples concerning a wide range of problems in living. Jancy has specialized training in the treatment of children ~ adolescents including play therapy. She works with children and teens aged 3+. Jancy is a preferred provider for the **Toronto Police Employee and Family Assisted Program (EFAP)**. As well, she completes a number of Psychological Assessments for **Trent University** each year. Jancy offers service in English.

**Shari Braham M.Ps.** has a Masters Degree in Clinical Psychology from the University of Ottawa and is a member of the Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists. She has over 20 years of clinical experience and provides counselling to adults and couples on a wide range of issues. She is committed to support individuals to achieve the positive changes that they seek in their lives. Shari offers services in English.

**Mary Clark, M.A.**, provides counselling and psychotherapy to individual adults and couples. She has 25+ years of clinical experience and additional training in Addiction Counselling, Domestic Violence and Anger Management and is a certified Life Skills Coach. Mary emphasizes positive lasting change in treating depression, anxiety, stress, body image and weight issues, building satisfying relationships and marital conflict. She provides service in English and French.

**Nauman Qureshi, M.A.** has a Masters Degree in Clinical Psychology from Lakehead University, Ontario. He has also completed a two-year postgraduate training program at the Gestalt Institute, Cleveland, Ohio, and has taken additional training at the Cleveland Institute of Rational Emotive Therapy. He has more than 27 years of clinical experience in treating adults, couples and families for problems such as depression, anxiety, interpersonal issues, identity problems and marital conflict. Nauman provides services in English, Punjabi, Hindi and Urdu.

**Sandy Riley, CYC**, is a child and adolescent therapist. She has specialized training in the treatment of children/adolescents including play therapy. She works exclusively with children and teens aged 3-18 years. Sandy has worked with youngsters struggling with emotional problems related to behaviour, social and emotional issues for more than 25 years. She believes that it is essential to work closely with parents to identify and assess the needs of her young clients and support parenting. Thus, parents play a primary role in the treatment of their children and teens at TPS. Sandy offers services in English.

**Michelle Hamilton** is the office manager and the first person that you will meet at TPS. She has a wide knowledge of services provided at TPS and will be able to answer most non-clinical client questions. Michelle will explain our services, set client appointments, outline fees and suggest a therapist for you or your child. Call or email Michelle for information and to set an appointment.

## Languages

All TPS services are available in English. Some staff provides service in the following languages:

- French
- Hindi
- Urdu
- Punjabi

**Contact** TPS to receive professional, caring, confidential psychological services

**4920 Dundas Street West, Suite 205, Etobicoke corner of Burnamthorpe/Dundas W.**  
~ free parking in rear of building Phone: (416) 531-0727