

# Canadian Directory of Solution Focused Brief Therapists & Practitioners

Name & Contact Info.	U of T SFBTC Certificate Program Graduate	CCPC Global Certified	New Clients Accepted	Professional Colleges & Associations	Brief Bio / Practice Areas
<b>CANADA</b>					
<b>ONTARIO</b>					
<b>Dina Bednar, MA, RP, RMFT, CSFT</b> 385 Wilson Street St. East, Unit 304, Ancaster, Ontario, L9G 2C1 <a href="mailto:dinabednar@hotmail.com">dinabednar@hotmail.com</a> (905) 929-0639		✓	✓ Private Practice	College of Registered Psychotherapists of Ontario, American Association of Marriage & Family Therapists, Canadian Association of Marriage & Family Therapists, Ontario Association of Marriage & Family Therapists.	Dina is the Associate Director and a Facilitator of the SFBTC Certificate Program at OISE CPL, University of Toronto, and Co-Director of the Canadian SFBT Center. She is a registered Marriage and Family Therapist and an AAMFT approved supervisor, working in a children's mental health clinic in Hamilton. Dina supervises and trains internationally and has a small private practice in Ancaster, Ontario where she sees individuals, couples and families.
<b>Lisa Bynoe-Stevens, BASc, MDiv</b> Counselling Hamilton and St. Catharines <a href="mailto:lisabynoeestevens@gmail.com">lisabynoeestevens@gmail.com</a>		✓	✓ Private Practice	CCPC Global	Since graduating in 1992 with a BASc in Family and Social Relations, I acquired Play Therapy training, a MDiv. in Counselling in 2005, and Solution-Focused Counselling certification. Since starting in private practice in 2007, my specialties have been the younger generations, couple, families and workplace issues.
<b>Sarah Flogen, RN, BScN, M.Ed, PhD</b> <a href="http://www.resilientprofessionals.ca">www.resilientprofessionals.ca</a> Toronto - 416-271-9425 <a href="mailto:sflogen@gmail.com">sflogen@gmail.com</a>	✓		✓ Private Practice	College of Nurses of Ontario	After years of witnessing the challenging work of health professionals, I decided to support this work through strength-based, solution-focused, hope-filled counselling and training. My company, Resilient Professionals, emerged from this desire to support those who care for others daily.
<b>Sepideh Hossaini, MA, RP, CSFT</b> Toronto – 226-241-8312	✓		✓ Private Practice	College of Registered Psychotherapists of Ontario	I am a Registered Psychotherapist in Ontario with years of experience working with clients seeking therapy for various challenges such as anxiety, depression, relationship challenges, grief & loss, life transitions, self-esteem, etc. I offer individual and couple therapy sessions. Fluent in English and Farsi.
<b>Kieran Maxwell, R.N., B.Sc.N, B.A.</b> Toronto <a href="mailto:Kieran.C.Maxwell@gmail.com">Kieran.C.Maxwell@gmail.com</a>	✓			College of Nurses	I work with families who are struggling with their transition to parenting & with mothers experiencing perinatal mood disorders as they create their own path to wellness. As a Registered Nurse who is trained in Mental Health, I am passionate about & committed to creating spaces where clients find and explore their own journey to health and wellness.

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<b>Doralyn Moore, M.Ed, CSFP</b> Brighton, Durham Region, Northumberland and Prince Edward Counties <a href="mailto:moored1@rogers.com">moored1@rogers.com</a>	✓	✓	✓ Private Practice		A certified CCPC Global Solution-Focused Practitioner since 2016, I am a strong proponent of Solution-Focused Brief Therapy (SFBT). With over 20 years of experience working with low-income clients, both individually and in groups, my work has focused on empowering clients to set their own goals, develop the steps required to reach those goals, so that they can pursue their best lives.
<b>Nozomu Ozaki, Ph.D., RP, RMFT, CCFT,</b> <a href="https://www.bayridgecounsellingcentre.ca/nozumo-naz-ozaki/">https://www.bayridgecounsellingcentre.ca/nozumo-naz-ozaki/</a> Burlington & St. Catharines Bayridge Counselling Centre 845 Harrington Court, Unit 200A Burlington, ON, L7N 3P3 <b>Email:</b> <a href="mailto:nozaki@bayridgecc.ca">nozaki@bayridgecc.ca</a> <b>Phone:</b> (905) 319- 1488			✓ Private Practice	College of Registered Psychotherapists of Ontario, Canadian Association of Marriage & Family Therapists, Ontario Association of Marriage & Family Therapists, American Association of Marriage & Family Therapists Clinical Fellow	Through a collaborative, strength-based approach, I offer individual, couples, and family counselling/therapy in English or Japanese for a variety of issues and challenges (e.g., anxiety and stress, depression, grief and loss, anger management, trauma, etc.). I explore with you steps and possibilities to make a difference in your unique circumstances.
<b>Alexandra Peterson, MScN, RN-</b> Psychotherapist. <a href="http://www.bespoketherapy.ca">www.bespoketherapy.ca</a> Hamilton and Oakville <a href="mailto:alexandra.peterson@bell.net">alexandra.peterson@bell.net</a>	✓		✓ Private Practice	College of Nurses of Ontario CRPO: Application under review.	Individuals and couples. Stress, trauma, relationship issues, work-life balance.
<b>Janice Senger</b> Aurora, Newmarket, Keswick & area <a href="mailto:Senger.Janice@gmail.com">Senger.Janice@gmail.com</a> 905-252-5556 3 Catherine Avenue, Aurora, ON L4G 1K4	✓	✓	✓ Private Practice		My experience working in the criminal justice system led me to pursue work as a solution-focused counselor. I offer collaborative coaching to assist individuals adjusting to a new reality as a result of medical challenges, legal obstacles, motor vehicle accidents, and complications in personal circumstances.
<b>Rupika Sharma</b> 7111 Syntex Dr., 3 <sup>rd</sup> floor, Mississauga ON L5N 8C3 <a href="mailto:rupikasharma@live.ca">rupikasharma@live.ca</a> 647-969-7980	✓	✓	✓ Private Practice	Ontario Association of Mental Health Professionals (OAMHP), CCPC Global	CCPC Global Certified Solution-Focused Therapist, I am a strong follower of Solution-Focused Brief Therapy (SFBT) personally & professionally. Specialized in helping clients coping with stress, anxiety, depression, crisis intervention, suicidality, & many more issues; individually & in groups. Experienced in offering Single Session Therapy using SFBT. Fluent in English, Hindi & Punjabi.

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<b>Jean Skelton</b> , BSW, MSW, RSW, CSFT Dyadic Developmental Practice, Psychotherapy & Parenting (Level II), Adoption Competent Practitioner Scarborough & Durham Region 647-636-8260, cell (confidential VM) <a href="mailto:Jeanskelton7@gmail.com">Jeanskelton7@gmail.com</a>		✓		Ontario Association of Social Workers, OCSWSSW, Canadian Counselling and Psychotherapy Association	Solution Focused Therapist with extensive experience working with adoptive families. Experienced trainer for Adoption Council of Ontario. Excellent working knowledge of core issues in adoption, and issues pertaining to trauma, attachment, FASD and adoption disruption prevention.
<b>Julia Skiadaresis</b> , MSW, RSW Toronto <a href="mailto:julia@well-nest.ca">julia@well-nest.ca</a>	✓		✓ Private Practice	Ontario College of Social Workers and Social Service Workers	I am a registered social worker working at a large academic hospital. I use solution-focused brief therapy to help navigate clients through health adjustments, weight loss management, bariatric surgery, caregiver stress, depression, anxiety, and addictions. In my practice I model a trauma-informed, strengths-based approach to support my clients' resiliency.
<b>Lorenzo Solime</b> , BA, CSFP Toronto, York Region, Peel Region, Mississauga, Brampton, Orangeville. <a href="mailto:Lorenzo.Solime@gmail.com">Lorenzo.Solime@gmail.com</a> 647-389-8063	✓	✓	✓ Private Practice	CCPC Global	I apply a multi-disciplinary approach to counselling, using a solution focused strategy, known to be fast, effective and empowering of the individual, EFT (Emotional Freedom Technique), Mindfulness and an integrative approach to psychology, combined with my 27 years of experience working as a caseworker for the City of Toronto, Social Services Department.
<b>Brian Stather</b> , MRE, BEd, <a href="http://www.changecoach.com">www.changecoach.com</a> Markham and Lawrence, Scarborough, M1G 1B5 Cell (647) 467-7123 Phone (416) 439-1916 Serving Scarborough, Toronto, Markham, & Pickering.		✓	✓ Private Practice	College of Registered Psychotherapists of Ontario, Ontario College of Teachers, Ontario School Counsellors Association.	I help clients clarify desired solutions, expectations and goals through collaboration. CBT provides additional strategies and resources used between sessions. Through co-therapy, other forms of therapy have been integrated into my practice. Individually: anxiety, anger, addiction, obsession, compulsion, academic/career goal setting, relational issues (workplace, school, neighbour, parenting, family, dating). Couples: relational issues, infidelity. Institutions: corrections, religion.
<b>Toni Sudbury</b> CSFP, RSSW York Region - 416 878-9660	✓	✓	✓ Private Practice	Ontario College of Social Workers and Social Service Workers	Certified Practitioner in Solution-Focused Brief Therapy and Registered Social Service Worker who conducts strength based counselling/group sessions by utilizing clients' current strengths and resources to find solutions to a wide range of issues. Strong advocacy skills, successfully mentors and empowers individuals by supporting and assisting individuals reach their desired education, career and personal goals.

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<b>Sharon Terner, MSW, RSW</b> Newmarket Cell phone: (647) 996-5508 Email: <a href="mailto:shartern@gmail.com">shartern@gmail.com</a>	✓			Ontario College of Social Workers and Social Service Workers	Registered Social Worker who fulfilled her Masters at the University of Toronto. She has worked with various populations; including, youth & adults in conflict with the law, children & families in health & mental health, & in adult & children disabilities.
<b>Davina Tiwari, MSW, RSW</b> Toronto <a href="mailto:davina_tiwari@hotmail.com">davina_tiwari@hotmail.com</a>	✓	✓	✓ Private Practice	Ontario College of Social Workers and Social Service Workers	Social Worker specializing in disabilities. Inpatient & Outpatient experience. Worked with Autism Spectrum Disorder and Spinal Cord Injury populations. Supported parents of children with Autism and adults with spinal cord injury. Mostly work with individuals although do work with couples and families. Became a Certified Solution Focused Therapist in 2015.
<b>Ronald E Warner, MA, EdD, CSFT</b> Kingston ON <a href="mailto:Ronald.Warner@utoronto.ca">Ronald.Warner@utoronto.ca</a>				College of Psychologists of Ontario	Founding Director of the Solution-Focused Counselling/Therapy Certificate Programs started at the University of Toronto in 1998, author of Solution Focused Interviewing: A Manual for Practitioners, & a Ryerson University Professor Emeritus. I also spent four years working at the Canadian Forces Base Kingston conducting individual and group trauma treatment, started the first Post-Traumatic Growth group approach to therapy, and continue to deliver workshops and courses on Promoting Post-Traumatic Growth, including at U of T. With extensive experience designing and facilitating customized SF training to agencies, organizations, helplines, & schools locally, nationally, & internationally, I now focus on offering outstanding training, supervision, and mentoring with my SF training partner.
<b>Wendy Woods, MBA, CPCC, ACC</b> <a href="http://www.watershedtraining.ca">www.watershedtraining.ca</a> <a href="mailto:wwoods@watershedtraining.ca">wwoods@watershedtraining.ca</a> Toronto 416-995-5313	✓		✓ Private Practice	International Coach Federation	Wendy is an ICF Certified Coach who brings Solution Focused skills into her work. Combining coaching and an SFBT approach enables her to help client's leverage their values, strengths, and resources to identify opportunities and solutions. Wendy specializes in working in the areas of career, leadership and work life balance.

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<b>ALBERTA</b>					
<b>Jeff Chang</b> , Ph.D., R.Psych. 1-866-901-7647 <a href="mailto:jeffc@athabascau.ca">jeffc@athabascau.ca</a> <a href="http://drjeffchang.webs.com">drjeffchang.webs.com</a> 100, 2107 Sirocco Drive SW Calgary, AB T3H 5P1			✓ Private Practice	College of Alberta Psychologists, American Association for Marriage and Family Therapy	Dr. Jeff Chang is a professor of counselling at Athabasca University. Jeff became intrigued with SFBT after reading Keys to Solution in Brief Therapy (1985), and trained at the Brief Family Therapy Center several times. He has presented on SFBT internationally and developed Canada's first graduate credit course in SFBT in 1995.
<b>Lance Taylor</b> , M.Sc., R. Psych. Box 619, Cochrane, AB T4C 1A7 403-932-5474 <a href="mailto:lancetaylor@fittingsolutions.ca">lancetaylor@fittingsolutions.ca</a>			✓ Private Practice	College of Alberta Psychologists, Canadian Psychological Association	SFBT Therapist and Trainer
<b>NOVA SCOTIA</b>					
<b>Jill Ceccolini</b> , MSW. 2065 North Park Street Halifax, Nova Scotia B3K 4B2 902-221-1856 <a href="mailto:jill.ceccolini@ns.sympatico.ca">jill.ceccolini@ns.sympatico.ca</a>			✓ Private Practice	Nova Scotia College of Social Workers	I have been practicing SFBT for 20 years in clinical practice with individuals and couples, as a trainer of other professionals, and as an instructor at Dalhousie School of Social Work. I have a diverse practice and I strive to focus on what folks want for their lives.
<b>INTERNATIONAL</b>					
<b>FINLAND</b>					
<b>Dr. Jane Tuomola</b> , MA, DClinPsy. Compass Psychology Pohjoinen Hesperiankatu 3B9 00260, Helsinki, Finland <a href="http://www.compasspsychology.fi">www.compasspsychology.fi</a> +358 44 944 5723 <a href="mailto:jane@compasspsychology.fi">jane@compasspsychology.fi</a>		✓	✓ Private Practice	British Psychological Society, International Coaching Federation (ICF)	I am a British Clinical Psychologist based in Helsinki. I offer individual and couples therapy to adults, using the solution focused approach. My particular area of interest is helping expatriates and immigrants thrive while living abroad. I help intercultural couples improve communication and achieve a more satisfying relationships.

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<b>PHILIPPINES</b>					
<b>Agnes Hautea Nano</b> , PCC, MSFP, CSFP 48 Mckinley Road, Forbes Park, Makati City, Metro Manila, Philippines Cell phone: +639178864652		✓	✓ Private Practice	International Coaching Federation (ICF)	<b>Agnes Nano</b> is an Executive Coach/consultant at InTouch Community Services in Makati, Philippines and works with adults, couples, families and young adults dealing with a wide range of personal and work related issues. Agnes has also been actively facilitating talks, team coaching and other group discussions on issues relating to work life balance, performance and resiliency, conflict resolutions, and change management.
<b>SINGAPORE</b>					
<b>Debbie Hogan</b> , BS, MS <a href="http://www.sf-academy.com">www.sf-academy.com</a> Academy of Solution Focused Training 34 Springleaf Rise, Singapore 788014 001-65-6456-9280 / 001-65-9654-4871		✓	✓ Private Practice		Debbie is a psychotherapist in private practice for 25 years, specializing in solution focused practice. A family therapist, she works with trauma, depression, anxiety, and marital issues. She trained with Insoo Kim Berg and Steve de Shazer and has been teaching SFBT since 2004 with the Academy of Solution Focused Training.
<b>Dr. Simon Neo Teck Koon</b> , Psy.D – Group Psychotherapy <a href="http://www.thepsychotherapyclinic.com.sg">www.thepsychotherapyclinic.com.sg</a> 69A Pagoda Street, Singapore 059228 +65 62220730   +65 96874006 <a href="mailto:simonneo@thepsychotherapyclinic.com.sg">simonneo@thepsychotherapyclinic.com.sg</a>		✓		Professional School of Psychology University of South Australia	Anxiety / Adolescents / Couples / Marriages / Mental Disorders / Relationship issues / Depression
<b>Alan Yeo Kong Leong</b> Balanced Consulting 420 North Bridge Road #02-28 North Bridge Centre Singapore 188727 +65 9784 3516		✓	✓ Private Practice	Singapore Association for Counselling, Singapore Psychological Society	Certified SF Therapist since 2002, Alan provides counselling and therapy, and clinical supervision. He lectures in SF modules. He works in various tertiary institutions, including two local Universities, counselling staff and students. His workshop topics for organisations include ways to enhance Human Resource capabilities, and staff-students engagement.