

## Zephyr Psychological Services - Ottawa

Psychologist In Ottawa



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### Psychologist In Ottawa

## Zephyr Psychological Services - Ottawa

### Zephyr Psychological Services: A Comprehensive Review

Zephyr Psychological Services, located in Ottawa, Ontario, is known for offering a variety of therapy options aimed at addressing mental health concerns. In this article, we will explore the amenities, accessibility, and the overall experience based on client feedback.

### Appointments Recommended

At Zephyr Psychological Services, it is advisable to schedule appointments in advance. This ensures that you receive the attention and care you need. Clients

have mentioned that while Dr. Sutton is approachable, there may be instances where specific therapies requested are not fully explored during sessions. It is essential to communicate your needs clearly to help guide the therapy process.

## **Accessibility**

Accessibility is an important aspect of Zephyr Psychological Services. The facility features a **\*\*wheelchair-accessible car park\*\***, making it easier for individuals with mobility challenges to access the services. Ensuring that all clients can comfortably attend their sessions is a priority for the team.

## **Amenities**

The amenities provided at Zephyr Psychological Services contribute to a welcoming atmosphere. Clients can expect well-maintained facilities that prioritize their comfort. The availability of a **\*\*toilet\*\*** onsite adds to the convenience for visitors.

## **Planning Your Visit**

When planning your visit to Zephyr Psychological Services, consider your specific therapy goals. While some clients have found success with the services provided, others have expressed a desire for more varied therapeutic techniques beyond cognitive behavioral therapy (CBT). If you have particular therapy preferences, it might be worthwhile to discuss these with your therapist during your initial appointment.

## **Client Experiences**

Feedback from clients highlights a mixed experience at Zephyr Psychological Services. One client noted that Dr. Sutton was willing to attempt different therapies but ended up focusing primarily on CBT without adequate explanation. This has led some to feel that alternative approaches were overlooked. Conversely, another client praised Rachel for her kindness and efficacy, describing her as patient and extremely helpful in navigating personal issues. In conclusion, while Zephyr Psychological Services offers a range of amenities and a strong commitment to accessibility, potential clients should be mindful of communicating their therapy preferences clearly. Everyone's journey in therapy is unique, and understanding the available options can lead to a more tailored experience.

## **Our business is found at**

343 Preston St 11th Floor, K1S 1N4 Ottawa, Ontario - Canada (CA)

The phone of the mentioned **Psychologist** is +1613-552-7893

And if you want to send a WhatsApp, you can do so at +1613-552-7893

The website is [Zephyr Psychological Services](#)

If you wish to update any information that you feel is not precise regarding this web, we ask send a message so that we will handle it promptly. Thanks beforehand we appreciate it.

Images



*Zephyr psychological services ottawa*

Tags

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