

Cbt Psychology for Personal Development - Thornhill

thornhill



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Cbt Psychology for Personal Development - Thornhill

CBT Psychology for Personal Development in Thornhill, Ontario

CBT Psychology for Personal Development provides a vital service in Thornhill, Ontario, offering a range of mental health services tailored to meet diverse needs. This clinic is particularly **LGBTQ+ friendly** and prides itself on creating an inclusive environment where everyone can feel safe and supported.

A Warm Welcome from a Women-Owned Business

Identifying as **women-owned**, CBT Psychology stands out in the community. Dr. Silvina Galperin and her team are recognized for their compassionate approach and extensive expertise. Patients have shared positive experiences about the warm atmosphere, highlighting that Dr. Galperin genuinely cares for her clients. She has been praised for her outstanding **bedside manners** and efficiency, making therapy sessions productive.

Comprehensive Service Options

CBT Psychology offers various **service options**, including individual therapy, mindfulness workshops, and group therapy sessions. Many clients have benefited from programs like Cognitive Behavioral Therapy (CBT) and Mindfulness-Based Cognitive Therapy, which help manage stress and anxiety effectively.

Accessibility and Amenities

The clinic prioritizes accessibility with features such as a **wheelchair-accessible car park** and accessible restrooms. This is crucial for ensuring that all clients can easily access the services they need. Additionally, language assistance is available to cater to diverse linguistic backgrounds, enhancing communication and comfort during appointments.

Planning Your Visit and Appointment Requirements

When planning your visit, please note that an **appointment is required** to ensure personalized care and attention. While some patients have reported scheduling difficulties, most have found the **staff to be helpful** and accommodating in finding suitable therapists based on individual needs.

Testimonials and Experiences

CBT Psychology has received a mix of feedback from clients. Many praise the **professionalism** and dedication of the staff, while others have expressed concerns about policies regarding missed appointments and billing practices. However, numerous testimonials commend the effectiveness of the therapy provided and the supportive environment cultivated by the team. As one satisfied client noted, "I regained my confidence and learned how to stand up for myself" thanks to the support from CBT Psychology. Such outcomes showcase the clinic's commitment to fostering mental well-being through expert guidance and support.

Conclusion

In summary, CBT Psychology for Personal Development in Thornhill, Ontario, stands out for its welcoming atmosphere, experienced and compassionate staff, and dedication to accessibility. Whether you're part of the LGBTQ+ community or seeking a supportive space for personal growth, this clinic offers valuable resources tailored to meet individual needs.

We are based in

7626 Yonge St, L4J 1V9 Thornhill, Ontario - Canada (CA)

The phone of the mentioned **Psychologist** is +1905-597-4404

And if you want to send a WhatsApp, you can do so at +1905-597-4404

Visit us during the following hours:

Day	Hours
Monday	9?AM–8?PM
Tuesday	9?AM–8?PM
Wednesday	9?AM–8?PM
Thursday	9?AM–8?PM
Friday	9?AM–8?PM
Saturday	9?AM–8?PM
Sunday	9?AM–8?PM

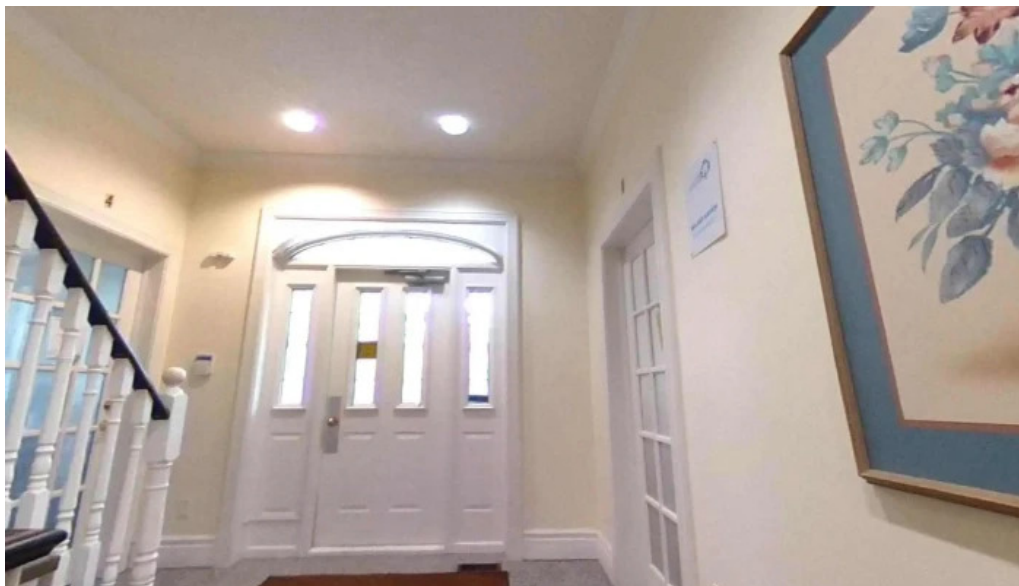
The website is CBT Psychology for Personal Development

If necessary to modify any information that you believe is not precise related to this portal, we kindly request forward a message so that we will handle it as soon as possible. In advance we appreciate it.

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