

ONLINE IPT COUNSELLING SERVICES

Cindy Goodman Stulberg, Psychologist and Director of the Institute for Interpersonal Psychotherapy, provides IPT counselling to a limited number of clients. She has provided assessment and counselling for adolescents, adults, individuals, couples, groups and families for over 35 years.

Cindy has trained and supervised psychiatrists, psychologists, social workers, occupational therapists, physicians and nurses learning IPT, Interpersonal Psychotherapy, in Canada, the United States and Europe.

Typically IPT is provided for 12 weekly, one hour sessions. The therapy will be provided through a secure encrypted website to ensure privacy and confidentiality. This option allows clients to access service from the comfort of their own home or office, and eliminates travel time and expenses. It also gives clients who are not in the same location as Ms. Goodman Stulberg access to her expertise.

For more information regarding fees (fees may be fully or partially covered by extended health benefit plans) or to schedule an appointment please contact us at:

416-736-6809 or email: cindystulberg@gmail.com

IPT is an evidenced based short term model of therapy for clients experiencing clinical depression, pre or postnatal depression, post traumatic stress disorder, bulimia and binge eating disorders, unresolved bereavement issues, significant transitions in their lives including separation and divorce, job changes, relocation to a new city or country, leaving home, etc. Ms. Goodman Stulberg has years of experience working with adolescents and young adults and clients suffering from eating disorders.