

Educational Counselling Workshops for Patients

We are offering OHIP covered educational group counselling workshop sessions by ZOOM. If your patients are interested in attending, please indicate in referral form.

They are interactive and educational and very practical in terms of everyday life experience and coping. Practical discussion of issues and problems in terms of family relationships, work-life balance, emotional resilience, and overall interpersonal functioning will be discussed.

Some topics include Positive Psychology, Personality, Brain Health, Dialectical Behavior Therapy Skills, Positive Self-esteem and Assertiveness, Mental Illness and Mental Health, Emotional Resilience and many more.

More information is available. Please let me know if you have additional questions.

Sincerely,

Michael Paré, B.Sc., M.Sc., M.Ed., M.D.

Coordinator, The Medical Clinic for Person-Centred Psychotherapy

General Practice Physician with a focused practice of psychotherapy

Registered Psychotherapist (RP)

Certified in Group Psychotherapy and Certified in Interpersonal Psychotherapy.

For other referrals to our clinic, please check our website for the form and procedures. <http://www.medicalpsychclinic.org/>