



MINDFUL METHODOLOGY
PRESENCE. PURPOSE. PROGRESS.

Virtual psychotherapy services for Ontario residents experiencing anxiety, trauma, grief, life transitions, and other mental health challenges. Trauma-informed, evidence-based care delivered via secure, PHIPA-compliant platform.

Background:

Extensive experience as an addictions counselor with Indigenous communities, Registered Behavioural Therapist, and crisis counselor. Now practicing as a Registered Psychotherapist (Qualifying) with trauma-informed, evidence-based care.

Clinical Specializations

- ✓ Anxiety & Depression
- ✓ Trauma & PTSD
- ✓ Grief & Loss
- ✓ Life Transitions
- ✓ ADHD & AuDHD Support
- ✓ Addiction & Substance Use
- ✓ Family Dynamics
- ✓ Relationships & Attachment
- ✓ Non-Suicidal Self-Harm

Therapeutic Approaches

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Attachment-Based Therapy
- Motivational Interviewing
- Trauma-Informed Care
- & More

Fees & Accessibility

Standard Rate: \$170 per 50-minute session
Sliding Scale Available: \$120-\$170 (based on financial need)
Insurance: Receipts provided for extended health benefits
Accessibility: Virtual sessions eliminate transportation barriers

Availability

- ✓ Currently Accepting New Clients
- ✓ First Appointments Typically Within 1-2 Weeks
- ✓ Flexible Evening & Weekend Hours Available

How to Refer:

Option 1: Patients can self-refer at www.mindfulmethodology.ca
Option 2: Email referrals to shalley@mindfulmethodology.ca
Option 3: Patients can call/text directly to schedule a free 15-minute consultation



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Why Refer to Mindful Methodology?

- ✓ Bridges gap during 6-18 month psychiatry wait times
- ✓ Virtual access increases adherence and reduces no-shows
- ✓ Sliding scale ensures financial accessibility
- ✓ Collaborative care—open to provider communication
- ✓ CRPO regulated and insured

