

Psychotherapy and Assessment in Guelph, Ontario

Individual and Couples Therapy

Cognitive Behavioural Treatment Approach for:

- Depression
- Eating Disorders
- Bipolar Disorder
- Relationship Issues
- Anxiety/Panic
- Self-Esteem Issues
- OCD
- Anger Management
- ADD/ADHD
- Addictions
- Stress Related Illness
- Post Traumatic Stress Symptoms

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Fees: \$80 per session.

Sessions are 60 minutes in length.

Location: 20-74 Janefield Avenue,
Guelph, Ontario.
N1G 2L6

"People possess an incredible capacity to make positive changes in their lives even in the face of seemingly insurmountable challenges. Key to the therapeutic process is listening.

Listening not only to the problems that a person is seeking help to resolve, but also listening to discover their inherent abilities, competencies and resiliencies. I am committed to helping you learn skills that will enable you to live a healthier life now and in the future."

~Christopher Heap

Referrals: I accept self-referrals as well as health-care provider or insurance company referrals.

Therapy: I implement a Cognitive-Behavioural Therapy approach.