



Who are we?

We are dedicated to providing effective accessible therapy services.

We train therapists who are graduate students in the University of Guelph Couple & Family Therapy Program.

Our therapy approaches are strength-based and evidence-supported.

The therapy is supervised by highly experienced professionals.

Most of our supervisors are University faculty members, and all are Approved Supervisors with the American Association for Marriage and Family Therapy.

We are committed to addressing the effects of injustice and marginalization.

Our team

Intern Therapists

There are 14 interns who meet with clients at the Centre. All of them are Master's level students who have met rigorous entry requirements and are committed to providing high quality therapy services.

Therapy Supervisors

Lynda Ashbourne, PhD, RMFT
Assistant Professor

John Beaton, PhD, RMFT, Assistant Professor

Anna Dienhart, PhD, RSW, RMFT
Associate Professor, Co-Director

Katherine Tomkinson, MSc, RMFT
Centre Manager

Jean Turner, PhD, C Psych, RMFT
Associate Professor, Co-Director

Client Services Coordinator

Sarah McDougall, BASc

Secretary/Receptionist

Rosemary Sartori

Consultants

Kathy Brophy, PhD, Professor

Susan Lollis, PhD, C Psych, Professor

Clare MacMartin, PhD, Associate Professor

How to find us

Call Sarah at 519.824.4120 Ext. 56335 to arrange for therapy, or to obtain more information.
www.cftcentre.uoguelph.ca

Couple & Family Therapy Centre
MacDonald Hall Annex
University of Guelph
Entrance off Lennox Lane

Wheelchair accessible

Monday to Thursday, 8:30 am to 8:30 pm
Friday, 8:30 am to 4:00 pm



NOT TO SCALE

LINDESIGHT.CA • COVER PHOTOS: TOP – GEOFFREY HAMMOND • MIDDLE + BOTTOM – CHRIS TIESSEN

Couple and Family Therapy Centre



valuing all relationships and communities





What is Couple and Family Therapy?

Couple and Family Therapy is about you and your relationships – your family, friends, work and community. We collaborate with people to help them with the relationships that are important to them. To do this work we meet with couples, families, individuals, friends, co-workers and others. We build on the skills that people have already developed and work with them to explore new possibilities.



What concerns can we help you with?

- Improving communication at home and work
- Solving family, couple and workplace conflicts
- Increasing self-esteem
- Enhancing parenting skills
- Finding intimacy and expressing your sexuality
- Managing depression and/or anxiety
- Coping with grief, loss or chronic illness
- Resolving trauma
- Ending loneliness and isolation
- Facing life transitions and unexpected crises
- Building communities of support



What can you expect?

When you call the Centre

Sarah will ask some questions about you and your family and a little about the concerns you are experiencing. She will also ask about family income to help us determine your therapy fee. This call might take 10 to 15 minutes. After this initial phone conversation a therapist will phone you to set up an appointment.

The first therapy appointment

You will participate in a one and a half hour initial meeting. Together you will discuss your concerns, the kind of help the Centre can offer, and the therapy goals. You will be encouraged to ask any questions you have about how we work. The next therapy session will usually be booked at the end of this appointment.



Who do we work with?

- People from the community
- Adults of all ages, adolescents and children with their families
- People with diverse cultural, ethnic, economic, religious backgrounds, sexual orientations (GLBT) and family relationships

A doctor's referral is not required.

How many sessions?

- Brief therapy (1–10 sessions)
- Short-term therapy (11–20 sessions)
- Longer-term therapy (in special situations)

How much does therapy cost?

- We provide an affordable sliding fee scale
- Our maximum fee is \$70 per hour



Confidentiality is a key aspect of the services we provide. We adhere to the professional Code of Ethics of the American Association for Marriage and Family Therapy.

What are people saying about the CFT Centre?

“I’m so glad to have this forum to speak openly with my teenage daughter. **It has really helped our relationship.** I feel we have done some serious growing.”

“The therapist was wonderful to talk with. He made it **easy to share things I have never told anyone.**”

“I was very pleased by the professionalism, the warmth and the comforting nature of my therapist. I felt well rewarded with **great results and progress.**”

“The therapists have given me new ways of looking at my marriage and a **new outlook on the trust in my relationship.** I am grateful for what I gained during our sessions.”

“My therapist was amazing. She was very **patient, helpful, professional and flexible.**”

“There was a professional atmosphere at the Centre. The counsellor was intelligent and helpful. Also, the **appointment times were very convenient.**”