



Hope & Joy

Psychotherapy and Counseling

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The information in this form will help you to understand the counselling process, its benefits, risks, alternatives and possible outcomes. We will go through this form together. Please feel free to ask questions or concerns.

Information about me: I am a Registered Psychotherapist and Canadian Certified Counsellor and accountable to the Code of Ethics of the College of Registered Psychotherapists of Ontario (CRPO) and the Canadian Counselling and Psychotherapy Association (CCPA). I have a master's degree in a CRPO accredited program, diploma in Buddhism and Mental Health, and certificate in Cognitive Behaviour Therapy (CBT). I am also pursuing certificates in "Mental Health & Addictions" and "Family and Marriage Therapy." I am active in my ongoing personal and professional development.

What Happens in Therapy: The first a few sessions are primarily introductory and aim to assess what you are struggling with, explore your goals or hopes for a change, and if there is a good fit between us! As the therapeutic relationship develops in a safe, trustworthy, and empathetic environment, the subsequent sessions aim to explore your strengths, challenges, and coping skills. I approach each client distinctly and employ a client-centred, culturally-sensitive, strength-based, anti-oppressive and trauma-informed integrative approach, rooted in modalities such as CBT, DBT, Emotional-Focused Therapy, Mindfulness, and Positive Psychology.

Outcome, Risks and Benefits: Therapy is about change, and most of the time, this change feels relieving and positive. However, there may also be times when you experience some increase in distress and/or uncertainty due to talking about unpleasant events of your life. It may trigger some uncomfortable memories and arouse intense emotions such as sadness, fear, or anger. You may become aware of uncomfortable aspects of your life and relationships that may lead to unexpected changes in your dealings with others or challenge the status quo to seek solutions in your life. One of the goals of therapy is to support and help you through this process.

Outcome of Therapy: The outcome of therapy is dependent upon various factors, such as a good fit between therapist and client, current adverse psychological, social, and environmental factors influencing your symptoms, and how willing/ready you are to engage in therapy to work towards your set goals. The more you will make therapy a priority and engage in it wholeheartedly, the more you will see the benefits and effectiveness of therapy. Your openness, commitment, and active participation in working towards your desired goals are crucial for the positive outcomes of therapy. Professionally I observed that clients who actively made efforts between sessions enhanced the outcomes of therapy. Some of the examples include: reflecting upon the therapy sessions, doing the homework or a reading, monitoring triggers, thinking pattern, and associated behaviour, writing a journal, applying new skills and tools in challenging situations, and taking positive actions to overcome challenges. While you engage actively towards your wellbeing, I will do my best to help you manage risks safely, develop resiliency and a positive attitude, gain the courage to manage problems, become open to accepting the self and your reality, and work towards your wholeness and overall growth. If you consider that our sessions are not helping you, you can opt-out at any time. I will refer you to another therapist or service.

Collaboration: To ensure quality coordinated care, I encourage you to remain open to alternative treatment options (such as pharmacotherapy), take help from other clinicians (e.g., a family MD, psychiatrist), and use every other support services available to help manage your symptoms. When helpful, and with your agreement, I can work collaboratively with these other professionals.

Services offered: I offer individual, couple, and family therapy services to adults and youth. A written or verbal (often taken at the onset of therapy) consent is required for each member (adult and youth) who wants to engage/participate in therapy