



Spirit OF
Health

Integrative Mental Health Supports for Whole Self Healing



Spirit of Health is an integrative mental health clinic that combines traditional psychotherapies with holistic practices to facilitate whole-self healing for adults and adolescents.

Integrative Healing Pathway

Once we receive a referral, we will:

- ➔ Schedule a free 15-minute phone consultation to determine the client's pathway entry point
- ➔ Complete the intake and consent process
- ➔ Complete the integrative assessment
- ➔ Develop an integrative mental health treatment plan



Mind-Focused Therapies

We have a number of experienced mental health practitioners on our team who are trained in a range of evidence-based psychological therapies including cognitive behavioural therapy, mindfulness and acceptance-based approaches, dialectical behaviour therapy, emotion-focused therapy and cognitive processing therapy. Our Psychologist is also available to complete psychodiagnostic assessments to identify whether a client meets the clinical threshold for a mental health disorder.

Practitioners: Psychologist, Psychotherapist, Occupational Therapist, Psychiatrist, Naturopathic Doctor



Nutritional Therapies

When we think of addressing our mental health, we typically think of talk therapies like cognitive behavioral therapy. We rarely think about our lifestyle, which includes things like diet, sleep, physical activity, and connection with people and nature. These elements are the foundations we want to help you modify, improve, and maintain for better mental and physical health.

Practitioners: Naturopathic Doctor, Holistic Nutritionist, Dietician



Body-Focused Therapies

At Spirit of Health, our integrative treatment framework is rooted in the mind-body-spirit connection. We provide a number of body-focused therapies such as yoga, meditation, somatic (bodily) therapy, reiki, and other alternatives based on our community needs.

Practitioners: Yoga, Meditation, Reiki, Somatic Therapies

Price List

PSYCHOLOGIST

50 minute treatment session	\$225.00
Psychodiagnostic assessment	Contact us for pricing

PSYCHOTHERAPIST (registered)

50 minute session	\$150.00
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PSYCHOTHERAPIST (qualifying)

50 minute session	\$120.00
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HOLISTIC NUTRITIONIST

Intake assessment	\$120.00
60 minute session	\$120.00
Nutritional therapy package	Contact us for pricing

NATUROPATH

Initial assessment	\$225.00
30 minute follow up	\$105.00
60 minute follow up	\$165.00

OCCUPATIONAL THERAPIST

60 minute session	\$120.00
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YOGA & MEDITATION

Individual	\$50-\$150
Group	Contact us for pricing

Some services may be covered by OHIP or your extended healthcare insurance. Please discuss payment directly with your provider during the phone consult or intake assessment.

Our Values

- ➔ Anti-oppressive
- ➔ Culturally appropriate
- ➔ Trauma informed
- ➔ Strengths based
- ➔ Non-denominational
- ➔ LGBTQ2S inclusive



Referral Information

We accept both self and professional referrals. You can email, call or complete the referral form attached and fax to us. We also offer free 15 minute consults where you can discuss your needs and determine if we are the right provider.