

COUPLES COUNSELLING

Where to go when you're looking for help

About couples counselling

If you are having difficulties in an intimate relationship and efforts to resolve them with your partner aren't working, couples counselling is an option. Couples therapists help couples talk through problems and conflicts in their relationship. A skilled therapist makes both partners feel safe, without taking sides. The therapist creates a space where both partners feel able to speak openly, and where they can work toward hearing the other person's point of view without getting triggered.

Approaches to couples counselling

There are many approaches to couples counselling. Most are short term and focus on finding a solution to negative patterns in the relationship. Choosing a therapist depends on your concerns and the approach you feel comfortable with. It also depends on the connection you both make with the therapist.

One approach that is particularly effective is emotionally focused therapy (EFT). EFT couples therapists help each person see the real feelings that lie behind their own, or their partner's, angry or negative words and actions. This allows the partners to break the negative cycle and reconnect with each other in a kinder way. The Toronto Centre for Emotionally Focused Therapy website lists EFT therapists across the GTA (see page 3).

Who provides couples counselling and how to get it

Psychotherapy, including couples counselling, is provided by a variety of regulated health care workers including registered psychotherapists, psychologists, social workers, nurses, psychiatrists, general practitioners (GPs) and occupational therapists.

Treatment from a psychiatrist or GP is covered by public health insurance (such as OHIP in Ontario), and will not cost you anything. Other mental health care providers, such as registered psychologists, registered social workers and registered psychotherapists may also be free if they work in government-funded hospitals, clinics, agencies or an employee assistance program. But if they work in a private practice, their services will not be covered by public health insurance, and you may have to pay. If you

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

camh

have an employer-provided or private health insurance plan, part or all of your therapy fees may be covered. Sometimes you can get couples counselling for a reduced fee if you are a student.

Most clinics accept self-referrals; others may require a referral from a family physician.

Private counselling can be very expensive, but most of the following listings are fully or partially covered by OHIP, or are offered on a sliding scale that considers your income and financial circumstances.

For more information about psychotherapy in general, see the separate resource sheet “[Psychotherapy: Finding a Therapist.](#)”

Organizations and Sites for Finding Couples Counselling

Ontario Association for Marriage & Family Therapy

<https://oamft.com>

Services: Online directory of couples and family therapists. Click on “Find a therapist” and then the city in Ontario where you are seeking a therapist

Fee: Varies by therapist

Ontario Psychotherapy Referral Directory

<https://referrals.psychotherapyandcounseling.ca>

Tel.: 416 920-9355

Services: Online referral to psychotherapy provided by student therapists and qualified graduate therapists across Ontario; can also call referral line rather than submitting online form

Fee: Sliding scale, \$60 to \$120 per session; lower rates for student therapists

Psychology Today

www.psychologytoday.com/ca/therapists

Services: Search your city or postal code; then click “Types of therapy,” then “Show more types of therapy,” then “Couples counselling”

Fee: Varies by therapist; sliding scale may apply

Toronto Centre for Emotionally Focused Therapy

www.greatertorontoeft.com

Services: Online directory of therapists in the GTA. To find a therapist, click “For couples,” then “Find a therapist” and search by location; couples workshops also available

Fee: Varies by therapist

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

Toronto Institute for Relational Psychotherapy

www.tirp-lowcost-therapy.ca

Services: Low-cost therapy provided by psychotherapy students and graduates. The website lists therapists and contact details. Click on “Couples therapy” for information

Fee: \$40 for the first session, then a negotiated fee of \$40 to \$80 per session

Note: Contact therapists by phone or email; many therapist offer online sessions

Community Resources

Catholic Family Services – Central Toronto Office

1155 Yonge St., Suite 200, Toronto, ON M4T 1W2

Tel.: 416 921-1163

info@cfstoronto.com

www.cfstoronto.com/counselling-program

Services: Couples (and other) counselling; group counselling

Eligibility: All ages

Fees: Fees consider the client’s income. No one is denied services because of their inability to pay

Note: Another location in North Toronto provides services; call 416 222-0048 fo information

Durham Region Community Counselling

Locations throughout Durham Region

Tel.: 905 666-6240; 1 888-721-0622 ext. 5 (toll-free)

www.durham.ca/en/living-here/individual-couple-and-family-counselling.aspx

Services: Short-term, solution-focused couples (and other) counselling

Eligibility: Residents of Durham Region

Referral: Self-referrals through intake line

Fee: Based on income and family size

Family Services of Peel

5975 Whittle Rd., Suite 300, Mississauga, ON L4Z 3N1

Tel.: 905 453-5775

<https://fspeel.org>

Services: Couples (and other) counselling; walk-in counselling

Eligibility: Anyone living or working in Peel Region

Referral: Self-referral

Fees: Sliding scale

Languages: Services provided in more than 20 languages

Notes: Virtual walk-in services available Wednesdays (12 pm–8 pm) and Saturdays (9 am–12 pm), first come first served basis; call intake department to book an appointment with a counsellor

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

Family Service Toronto

Several locations across Toronto, including 355 Church St.

Tel.: 416 595-9618

sau@familyservicetoronto.org

<https://familyservicetoronto.org>

Services: Couple counselling (also individual counselling and other specialized services)

Eligibility: Anyone living or working in Toronto

Referral: Self-referral

Fees: Sliding scale based on income

Languages: English, Farsi, French, Spanish, Tagalog and occasionally other languages

Family Services York Region

1091 Gorham St., Suite 300, Newmarket, ON L3Y 8X7

Other locations include Richmond Hill and Georgina

Tel.: 905 415-9719

<https://fsyr.ca/our-services>

Services: Couples (and other) counselling

Eligibility: Counselling for children, youth, adults, couples, families who live or work in York Region

Referral: Self-referral; fill out the application for service

Fees: Sliding scale according to household income (proof of income required)

Languages: Counselling offered in multiple languages

Gestalt Clinic (GIT Student Clinic)

Locations across Toronto, Kitchener, Burlington, Port Credit, Stouffville

Tel.: 416 964-9464

gestalt.on.ca/low-cost-therapy-clinic

Services: Low-cost couples (and other) therapy from trainees who have at least four years of experience

Referral: Self-referral

Fees: \$40 per 50-minute session

Languages: Depends on therapists registered with the clinic; services are online

Jewish Family & Child Services

4600 Bathurst St., Toronto, ON

Tel.: 416 638-7800 ext. 6234

www.jfandcs.com/counselling

Services: Couples (and other)

Fees: Subsidies available to those who qualify

Note: People of all cultural, religious and racial backgrounds welcome

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

Medical Clinic for Person-Centered Psychotherapy

2040 Sheppard Ave. East, Unit A201, North York, ON M2J 5B3

Locations across GTA

Tel.: 416 229-2399

www.medicalpsychclinic.org

Services: Couples therapy provided by a psychiatrist (and other types of therapy provided by GPs)

Eligibility: Adults

Referral: Physician referral required, referral form available online

Fees: Covered by OHIP