

February 2023

Newsletter



About PMP

Private Matters Psychotherapy was born in 2013. Our focus is to help our clients to recover from emotional struggles, to rebuild their lives in order to move forward, and to renew how they see themselves and the world around them.



Who are our therapists?

At PMP, our therapists are carefully chosen for experience and expertise with psychotherapy and mental health topics. All our therapists are Registered Psychotherapists and can help create lasting, positive changes and the motivation required to take charge of your personal life journey.

Location

Our office is located conveniently in downtown Burlington, Ontario. Online session available.

Who Do We Treat?

We help clients recover from emotional struggles, rebuild lives, move forward, and renew how they see themselves. Clients arrive with different mental health needs such as those related to trauma, PTSD, anxiety, grief, depression, stress, general sense of stuckness, relationship & work issues, life-transitions, low self-esteem or confidence, and anger.

Meet Our Therapists



Marleen

Marleen leads the team at PMP Therapy and specializes in PTSD, trauma, anxiety and grief. She applies EMDR, ACT and mindfulness-based therapy.



Meet Jelena

Jelena specializes in OCD, trauma and relationships. She uses a combination of ACT, CBT



Meet Lenka

Lenka specializes in anxiety, depression and trauma, using narrative therapy, dialectical behavioural therapy and CBT.



Meet Genevieve

Genevieve treats grief, relationships and stress. She applies ACT, CBT and mindfulness-based therapy.



Meet Cydney

Cydney specializes in mental health challenges, life transitions and relationship struggles.



Meet Silvia

Silvia is a registered psychotherapist (qualifying). She applies ACT, mindfulness-based therapy and CBT.



Meet Elaine

Elaine specializes in Depression, Anxiety and Trauma. She uses a combination of CBT, ACT and Gottman techniques in her sessions.

Meet Elizabeth

Liz is a registered psychotherapist (qualifying) in training.



Meet Mikaela

Mikaela is a registered psychotherapist (qualifying) in training.

BE KIND FOR YOUR MIND

Affirmations are positive statements that can help you overcome and challenge negative thoughts. Affirmations are meant to be repeated often, with the idea that how we think about ourselves impacts how we experience the world. Small steps to improve positive self-talk can help how we view ourselves.

REPEAT DAILY

I AM DOING MY BEST WITH
WHAT I HAVE

I AM GROWING AND LEARNING
EVERYDAY

I AM CAPABLE OF DOING HARD
THINGS

I AM TALENTED



TOOLS FOR CHANGE

APPS for your Mental Health

Best for Mindfulness: Headspace

Best for Better Sleep: Calm

Best for Journaling: Gratitude

Best for Stress Relief: Take a Break

Best for Anxiety Skills: Mindshift

Best for Breathing: BellyBio

Best for Quitting Smoking: QuitNow!

MOVE YOUR MOOD

Find ways to move that feel good to your body and help improve your mood.



Dance



Deep Breath



Stretch

"I believe depression is legitimate. But I also believe that if you don't exercise, eat nutritious food, get sunlight, get enough sleep, consume positive material, surround yourself with support, then you aren't giving yourself a fighting chance".

- Jim Carrey

Student Mental Health Programs



Same Day Appointments:

- These appointments are a one-time 60 min therapy session
- They can be a good option for students who may not want or require ongoing counselling
- Appointments can be in person, virtual, or over the phone
- If ongoing therapy is required, a referral will be made to a therapist with the PMP team
- **Same Day appointments are not crisis appointments.** If you are concerned that you may harm yourself or others, please call **911** or COAST (**905-972-8338**)

How to sign up for counseling

Same Day Appointments:

email: mbatalk@mcmaster.ca
call: 905.681.7359

Regular Therapy Appointments:

email: mbatalk@mcmaster.ca
call: 905.681.7359

book on appointment online:

<https://privatematterspsychotherapy.janeapp.com/#/mba-individual-therapy>

We would love to hear from you!

Do you have an idea for a workshop topic
or would you like learn more about a
specific mental health theme?
Let us know!

SIGN UP NOW



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