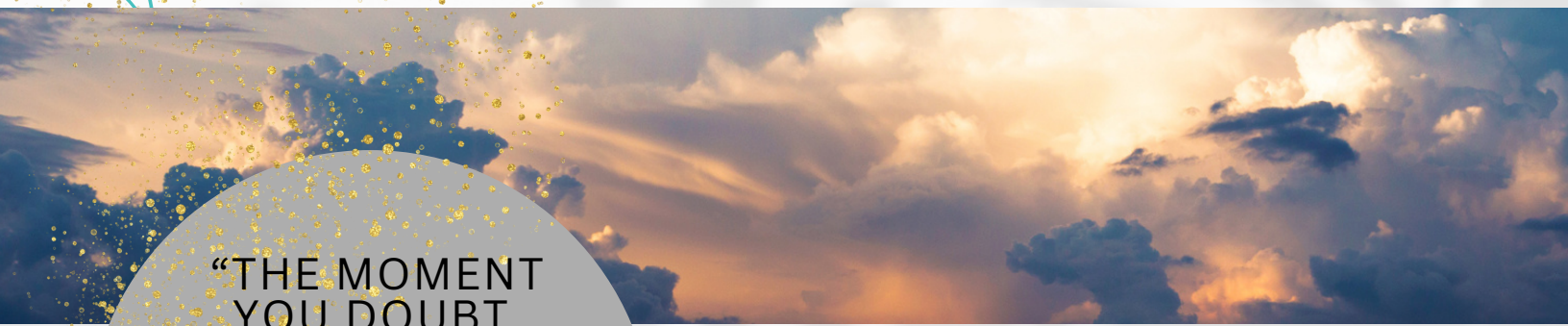


March Newsletter



“THE MOMENT
YOU DOUBT
WHETHER YOU
CAN FLY, YOU
CEASE FOR EVER
TO BE ABLE TO
DO IT.”

– PETER PAN




Specializations

We deal specifically with trauma, PTSD, grief and anxiety. A free initial phone consultation could be your first step towards a better life.

MBA Students

PMP and DeGroote have entered into a one-year contract (Feb 2023 to Feb 2024), including providing individual psychotherapy to full-time MBA students. Full-time MBA students are eligible for the following appointments with a therapist from the PMP team:

Same Day Therapy (aka walk-in)
Individual Therapy



905.681.7359



MBATALK@MCMASTER.CA



@PMP THERAPY

Private Matters Is Different

What makes us different, is our focus and passion for working with trauma and PTSD. We pride ourselves in engaging in continuing education so we can better our therapeutic work.



How do I choose a therapist?

After your initial phone consultation, we will recommend you a therapist based on your presenting mental health concern and the type of therapeutic treatment you would benefit most from.

"MENTAL HEALTH PROBLEMS DON'T DEFINE WHO YOU ARE. THEY ARE SOMETHING YOU EXPERIENCE. YOU WALK IN THE RAIN AND YOU FEEL THE RAIN, BUT YOU ARE NOT THE RAIN."

— MATT HAIG

SERVICES

Telehealth Therapy

- Psychotherapy offered through video or phone.

Talk Therapy

- Traditional form of psychotherapy with a focus on exploring the underlying issues and thought patterns, such as CBT, ACT, IFS, and CPT

EMDR

- A neurological application of therapy where the brain processes what it needs to process in its own time

Mindfulness-Based Therapy

- Learning to be in the moment, with an attitude of openness and curiosity towards emotions and feelings



905.681.7359



MBATALK@MCMASTER.CA



@PMP THERAPY

Move to Improve Your Mood

Go outside and spend time outdoors. Being outside can boost physical and mental health in a range of ways.

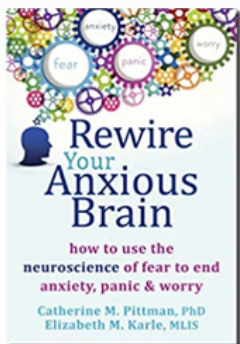
Exposing yourself to sunlight can improve your sleep by:

- Helping you feel more tired at night
- Shortening the time it takes to fall asleep
- Improving the quality of your rest

Ideas to get outside:

- Walk
- Take pictures
- Ride your bike
- Check on your neighbours
- Offer dog Walks for friends and family.

Book For Change



Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry
by Catherine Pittman and Elizabeth Karle

Be kind For Your Mind

Set Self Care Goals

- Define what is important to you.
- Set goals to help achieve your self-care goals.

Tip: Schedule into your calendar your self-care goals throughout the week.

Acknowledge the Positive

- Notice your efforts
- Celebrate your victory

Tip: Create a note pad specifically for one thing a positive day.



905.681.7359



MBATALK@MCMASTER.CA



@PMP THERAPY

Get Started

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:
Click [here](#)

Same Day Appointments

On Campus:

March 14 from 4pm to 6pm
March 28 from 4pm to 6pm

Online:

March 14 from 5pm to 7pm
March 28 from 5pm to 7pm

Visit our online booking calendar to schedule yourself in on one of these days. (see below)

No need to pay, these sessions are covered by DeGroote and free for you



<https://privatematterspsychotherapy.janeapp.com/>