

Barbara Morris BSc RMT DipCTP

Psychotherapist
Registered Massage Therapist

Spadina Therapy Centre
37 Spadina Road (Bloor/Spadina subway)
Toronto Ontario M6H 2S9

Therapy Practice: 416 535 2040
E-Mail: barbara@poynton.com
Website: www.poynton.com/barbara
Office Hours: Mon.; Thurs. after 3; Fri.

Professional Practice:
Psychodynamic psychotherapy
Emotion-oriented bodywork
Therapeutic massage

Practice: Individual Adults & Adolescents

Education/ Training:
The Centre for Training in Psychotherapy: Dip.CTP
University of Toronto: BSc., major in Psychology
Kristi Magraw: Magraw Method of Psychogenic bodywork
Sutherland/Chan: Registered Massage Therapist, RMT

Personal psychotherapy experience:
CTP: Group psychodynamic psychotherapy, 4 yrs.
Personal psychodynamic psychotherapy, 20 yrs.

Professional Association:
CAPT: Canadian Association of Psychodynamic Therapists

Experience/Training:

CTP: Psychodynamic Psychotherapy Training, 7 yrs.

Focus areas:

- Implicit/unconscious communication
- Sexuality/gender/identity/orientation/trauma
- Character/personality types and disorders
- Transference/countertransference
- Working with echoes/enactments of the past
- Dissociation and dream work

RMT: Private practice, 20 years

- Sunnybrook Health Science Centre: Veterans Residence,
- Therapeutic massage and end-of-life care, 10 yrs.

Treatment/adolescent care worker:

- Syl Apps Youth Centre (secure treatment)
- Central Toronto Youth Services and Street Outreach Services
- Youthdale Residential Treatment Centre
- Emotionally and psychiatrically disturbed adolescents, 10 yrs.

Paralegal law clerk:

- Whitby Psychiatric Hospital
- Queen Street Mental Health Centre
- Community reintegration support, 1 yr.

Strengths:

Anxiety, depression/mood disorders, self-esteem,
Dissociation, sexuality, sexual abuse, body issues,
Family of origin, relationships, death/mourning

Borderline, physical abuse, subtle cognitive impairments,
Aging, health issues, pregnancy, pre/post natal, eating disorders
Addictions, impulsivity/acting out, psychosis, empty nest

As a **Registered Massage Therapist** I work with embodied emotional trauma through bodywork and education of mind/body integration.