

Learn more about psychotherapy and counseling:

Unlike casual social interactions, these sessions are focused on your thoughts, feelings, hopes, fears, wishes, and any other issues you may want to discuss. Together, we explore how your emotions and motivations influence who you are. Self-knowledge and self-acceptance are important to healthier living.

What can I expect from counseling and psychotherapy?

Sheri uses her skills and training to help her clients gain greater self-awareness and understanding about their own lives, actions and situations. Unlike casual social interactions, these sessions are focused on your thoughts, feelings, hopes, fears, wishes, and any other issues you may want to discuss.

Counseling may involve less introspection and be more goal oriented. Psychotherapy may address non-conscious emotions and psychosomatic issues (physical conditions caused or aggravated by internal conflict or stress) as well as addictions and other behavioural health issues. When stressed, upset, or overwhelmed, our nervous system can go into over-drive and we may feel out of balance not only mentally but physically as well. The mind, body and spirit connection may be affected. Whether in counseling or psychotherapy, Sheri works with individuals, couples and adolescents (over the age 13), both short and long term, to promote optimal health and wellness.

What to Expect During the First Session:

All psychotherapy and counseling sessions are typically 45-60 minutes. The first appointment is about getting to know each other and deciding whether this therapeutic relationship is a good match. A detailed history will be taken, (although it emerges over time) including major life events, trauma history, injuries, career, current living situation, childhood and family history, substance use, medical history, any behavioural health issues, both past and present and any other relevant information.

Before your first appointment write down a few notes: why am I going? Do I have a goal (s)? What is working in my life and what is not? Be prepared to talk: about you, your life and what you feel. Therapy is a collaborative journey.

Please complete the intake documentation before arriving for your appointment.

Please turn off your cell phone, not on vibrate but OFF. Please do this before your appointment. This is your time and you want to make the most of it.

Sometimes our lives seem like they are at a crossroads or a path that diverges. Together we will explore your various paths as you choose the best path that may lie before you.



“Our attitude towards what has happened to us in life is the important thing to recognize. Once hopeless, my life is now hope-full, but it did not happen overnight. The last of human freedoms, to choose one’s attitude in any given set of circumstances, is to choose one’s own way.”
-Victor Frankl, Writer and Holocaust survivor