What is the Couple & Family Therapy Centre?

The Couple and Family Therapy Centre provides ongoing therapy to individuals, couples and families with a wide range of problems or concerns.

We are a distinct training program that offers among the highest academic, professional and ethical standards of clinical training, supervised practice and clinical care in Canada.

Our approach is unique in that we think about clients in the context of their relationships (partners, families, friends, work) as well as the wider communities in which they live. We apply this “relationship” focus to all of our client work, even when working with individuals.

We are dedicated to providing effective and accessible therapy services and to addressing the effects injustice and marginalization that are reflective of the growing diversity of our community.

What concerns can we help you with?

We help clients with:
- Family, couple, workplace and school challenges, conflicts and communication
- Life transition and change
- Intimacy and sexuality
- Anxiety, stress and depression
- Grief, loss and feelings of isolation
- Parenting or blended family challenges
- Trauma, unexpected crises and intimate partner violence

We help clients to:
- Consider alternative ways to manage, cope and deal with problems
- Generate possible solutions and implement constructive change
- Enhance current strengths, skills and personal resources
- Help build communities of support and concern

We support clients by:
- Providing resources and making recommendations
- Coordinating with other health care professionals or community agencies as needed

Call Intake

Call Intake at 519.824.4120 Ext. 56335 to arrange for therapy, or to obtain more information.

cftc@uoguelph.ca
www.cftcentre.uoguelph.ca

Couple & Family Therapy Centre
MacDonald Hall Annex
University of Guelph
Entrance off Lennox Lane
Wheelchair accessible

Monday to Thursday, 9:00 am to 8:30 pm

Valuing all relationships and communities
Booking an appointment

When you call to make an appointment, our intake team will gather some background information about you and the concerns you would like to address in therapy. During this call, you will be able to ask questions and your fee will be determined. The intake call will take 10–15 minutes.

After this first intake conversation, a therapist will call you to book an appointment for your first session. Please note that all appointment scheduling is made by telephone. Therapist Interns are not permitted to contact clients via e-mail.

Our aim is to contact you within two business days; however, there are times of the year when this is not possible, given the availability of Therapist Interns. We try to anticipate when this might happen and will let you know if there will be a longer wait.

Your first therapy session

Your first therapy session usually lasts about 1.5 hours. During this time you and your therapist can talk about what to expect from therapy and review our service agreement. There will also be lots of time for you to begin to discuss your concerns and set goals. We also want you to have time to ask questions about how we work and how we can help.

Time and fees

Sessions are typically 50–60 minutes in length, often scheduled once a week or every two weeks. There are no set limits to the number of sessions you may access.

We provide an affordable sliding fee scale of $5 to $100 per hour.

We welcome:

- Adults of all ages, adolescents and children with their families
- People of different cultural, ethnic, economic, religious backgrounds, sexual and gender expressions and all relationship types

A referral is not required.

Confidentiality

Confidentiality is the cornerstone of the profession and of the services we provide.

Who we are

Therapist Interns

There are up to 16 interns who meet with clients. All of the Therapist Interns are graduate students and have met rigorous entry requirements and are committed to providing high-quality therapy services.

Director of Clinical Training

Kevin VanDerZwet Stafford, MSc, RP, RMFT

Academic Program Director

Lynda Ashbourne, PhD, RP, RMFT

Associate Professor

CFT Faculty

John Beaton, PhD, RMFT
Associate Professor

Ruthie Neustifter, PhD, RMFT
Assistant Professor

Olga Sutherland, PhD, C Psych, RMFT
Associate Professor

Client Services & Intake

Kara McFarlane, MA
Client Services Coordinator

All of our supervisors are AAMFT Approved Supervisors or Supervisor Candidates with extensive and diverse clinical experience.

We are a recognized training program with the College of Registered Psychotherapists of Ontario (CRPO) and accredited by the American Association for Marriage and Family Therapy (AAMFT) Commission for Marriage and Family Therapy Education (COAMFTE). We adhere to the CRPO Professional Practice Standards and to the AAMFT Code of Ethics.