



**Sue Sonshine**

Zip Code: M4N3N1

Zip Postal: M4N3N1

Language: English

**Populations Treated:** Adults, Seniors, Couples, Families, LGBTQI, Adolescents/Teens, Children

**Organization:** Cognitive Behaviour Therapy Toronto

**Treatment Options:** Phone Consultations

**Disorders Treated & Specialty:** Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Bipolar Disorder, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Specific Phobias, Substance Abuse, Trauma, Trichotillomania

**Treatment Methods:** Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy

**Payment Options:** Accepts Credit Cards

**Address1:** 3080 Yonge Street #5042

**Website:** <http://www.cognitivebehaviourtherapytoronto.com>

**City:** Toronto

**State/Province:** Ontario

**Country:** Canada

**Degree:** MSW

**Email:** [suesonshine@rogers.com](mailto:suesonshine@rogers.com)

**Office Phone:** 4168178925

**Cell Phone:** 416-817-8925

**Professional focus:** Social Worker

## ABOUT

Cognitive Behaviour Therapy Toronto Sue Sonshine M.S.W., RSW Supportive Guidance for Change Sue Sonshine M.S.W. RSW provides supportive guidance for change, integrating a nurturing, empathetic approach with proven CBT and ACT strategies to help you overcome your challenges. Either meeting with me online or in my relaxed, boutique-style office you will feel safe and supported and your issues will be addressed in a positive, nonjudgmental environment. I have the expertise required to help you manage your symptoms of anxiety, depression, OCD, negotiate life transitions, improve your relationships, increase self-esteem and make positive changes in your life. I specialize in Cognitive Behaviour Therapy and Acceptance and Commitment Therapy which are action-oriented forms of therapy that have been proven to be highly successful in treating many issues. I also specialize in providing Exposure Response Prevention to treat OCD. I supplement my treatment with Dialectical Behaviour Therapy (DBT) and Mindfulness. As a certified Cognitive Behaviour Therapist, I have received extensive training in CBT and the latest evidence-based treatment protocols, resulting in effective treatment and continuous improvements for my clients. Often described as genuine, kind and warm I offer action oriented strategies for solving your issues. I treat adults, adolescents, children, couples and families. I teach clients the skills needed to change your perspective, act in a more positive way, and allow you to get on with your life with greater confidence and joy. As a private practitioner I have the flexibility to meet clients whenever needed online over zoom or in my comfortable office. I answer all telephone calls personally. Please note that my services are not covered by OHIP, the Ontario Health Insurance Plan. I offer a complimentary 15 minute phone consultation where you can speak to me directly and determine whether we are the right fit. Contact me today to schedule your first appointment at 416-817-8925!

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

## Exposure Therapy

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### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children  
Couples  
Families  
LGBTQI  
Seniors

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### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Bipolar Disorder  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Depression  
Generalized Anxiety Disorder (GAD)  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Social Anxiety Disorder  
Specific Phobias  
Substance Abuse  
Trauma  
Trichotillomania

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### PAYMENT OPTIONS

Accepts Credit Cards



## ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

### Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

### If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

**Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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## HELPFUL LINKS

**ADAA Website**

<https://adaa.org/>

**Tips and Questions About How to Choose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTSD, OCD and more!**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**ADAA's Free Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

**Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

**ADAA Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free ADAA Online Peer-to-Peer Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!**

<https://youtu.be/Eq3zOzbfGoU>