

Mathew Thomas RP, CPE, MTh, EMDR, PhD



Professional Summary

Mathew Thomas is a Registered Psychotherapist (CRPO) and Clinical Supervisor (for counsellors, psychotherapists and budding therapists). Matt is always willing to go above and beyond for those who seek his support and intervention. He has led many couples therapy sessions and insight-oriented psychotherapy sessions for adults. He effectively integrates multi-faith, multi-cultural and multi-generation dimensions into psychotherapy.

Matt has in-depth exposure to addiction treatment and continuing care. He conducts insightful interventions and sustainable short term and long-term therapy sessions for individuals and couples.

Matt also conducts detailed assessments for

childhood trauma and guides his clients to navigate their recovery, forgiveness, and reconciliation, leading to personal growth.

Professional Specialties

- Depression
- Anxiety
- Anger management
- Childhood trauma
- Addiction, after care/ continuing care
- Couples therapy
- Grief
- PTSD
- Terminal illness

Education

- MTh (Psychotherapy) Dharmaram Vidya Shetram, Pontifical University, Bangalore/ National Mental Health & Neurosciences, Bangalore, India
- CPE: American Association of Clinical Pastoral Education/ Christian Medical College, Vellore. Specialization: Psycho-spiritual care and supportive therapy for persons with spinal cord injuries
- EMDR: Australian psychology Institute
- Supervised Advanced Psychotherapy Training, Blanton – Peale Clinic, New York under Dr. Lee Jenkins of Columbia University
- PhD (Psychology) Selinus University/ Doctoral Residency, Vancouver General Hospital, BC, Canada



Convenient Confidential Counseling

Mathew Thomas RP, CPE, MTh, EMDR, PhD

Professional Experience

Matt was initially trained in as an object – relational therapist. However, over the years, through his extensive clinical work and training, Matt developed his passion for integrative model and further added CBT, MBCT and EMDR to his therapeutic framework.

Matt has worked internationally, and his multi-cultural exposure serves him well to effectively deliver mental health care and interventions for a large clientele. Matt has worked in USA, Singapore, South Africa, Thailand, Vietnam, Malaysia and India.

In addition to being a TeleCBT therapist, Matt works with Riverbend Counselling & Wellness in Winnipeg, Therapion Consulting in Helsinki, Finland, and offers services to facilitate workshops for school teachers and parents.



Convenient Confidential Counseling