

Michel Jones MSW, RSW



Professional Summary

Michel is a highly skilled professional, dedicated to providing exceptional mental health care to her patients. She is very skillful in developing and implementing effective treatment plans for those experiencing a wide range of issues. Michel provides group and one-on-one counseling for clients with mental health issues by utilizing evidence-based interventions. She is also highly involved in developing and leading CBT & Dialectical Behavioural Therapy workshops, as well as Trauma-Focused Grounding and Coping Skills Workshops for frontline hospital and mental health workers.

Professional Specialties

- Relationship Issues
- Addiction
- Anger Management
- Trauma & PTSD
- Depression
- Anxiety
- Grief and Loss
- Emotion Regulation
- Structured Relapse Prevention

Education

- Master of Social Work (MSW) - University of Toronto
- Honours Bachelor of Science (B.Sc.), Specialization in Psychology - University of Toronto

Professional Experience

In addition to being a TeleCBT therapist, Michel continues to develop and lead numerous workshops and training seminars for Hincks-Dellcrest, Canadian Mental Health Association (CMHA), and the P.A.C.E. Program at the Centre for Addiction and Mental Health (CAMH). Michel worked as a clinical social worker/psychotherapist at CAMH, providing mental health care through the centre's Telepsychiatry, Northern Outreach Program and was a research analyst in the Borderline Personality Clinic. Michel was also involved in group facilitation and individual counseling at the Women's Counselling, Referral and Education Centre (WCREC) in Toronto.



Convenient Confidential Counseling