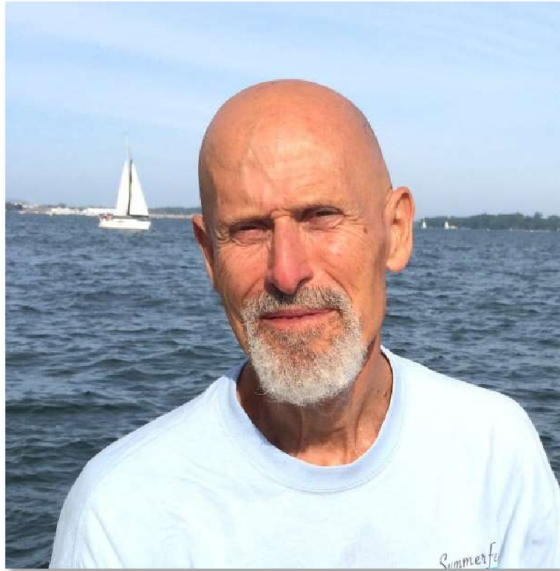


Philip Starkman, MSW, RSW



Professional Summary

Philip is a happily married, highly skilled, holistically-based counsellor and psychotherapist. He has decades of experience successfully counselling individuals, couples and groups from diverse backgrounds. His fifty plus years of practising yoga and meditation, combined with the latest neuroscience research have brought together valuable ways for him to help clients who are suffering from a variety of challenges. Having lived in Europe, the Middle East, India, Burma, Japan, USA and Canada, he is very much at home

with a broad variety of cultures. He is also well versed in the needs of people from various socio-economic backgrounds and sexual orientations.

Professional Specialties

- Depression
- Anxiety
- Couple conflicts
- Pain Management
- Stress Reduction
- Spiritual Crisis Counseling
- Addiction
- Nutritional and Exercise Programs
- Grief
- All manner of traumas

Holistic Psycho-Spiritual Therapies

- Cognitive Behaviour Therapy (CBT)
- Mindfulness Therapy
- Lifestyle Counseling
- Emotional Freedom Technique (EFT)
- Performance Enhancement Coaching (PEC)
- Meditation
- Transformational Psychological Counselling
- Wellness Counseling
- Yoga Therapy
- Breath Work



Convenient Confidential Counseling

Philip Starkman, MSW, RSW

Professional Experience

Philip ran a successful private psychotherapy practice in Toronto for over twenty-five years and continues to offer his services by now providing therapy and coaching online. Over the years, he taught health practitioners a variety of therapeutic modalities, conducted mindfulness workshops at a cancer resource centre, coached community leaders, business and trades people, government officials, CEO's, athletes, actors, musicians, health personnel, students etc.

He also established a charitable organization that, for over a decade, provided the public with an opportunity to learn meditation in a drop-in weekly venue as well as in weekend and ten-day long retreat settings in Ontario, BC and Upstate New York.

For years he also provided counselling services to patients in acute care and general hospital settings. In addition, he co-founded a wellness clinic in the US where he offered psychotherapy and taught meditation and yoga.

Philip feels blessed to have spent twelve years in Asian monasteries and temples in India, Japan, Burma and Nepal studying under some of the greatest wisdom teachers of our time. He has fortunately been able to share his knowledge and experience by teaching meditation to thousands over the years.

A life long learner, Philip is committed to continuously furthering his knowledge of the latest psycho-therapeutic modalities, nutritional science and exercise physiology, by diving into the most current mind/body research.



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