

Florence Mak, M.A., C. Psysh., Psychologist



Professional Summary

Florence is a Psychologist registered with the Ontario College of Psychologists.

Her clinical practice is guided by cognitive-behavioural therapy (CBT) while integrating principles and tools from solution-focused therapy, motivational interviewing, dialectical behavioural therapy (DBT), acceptance and commitment therapy (ACT), and mindfulness-based cognitive therapy. Florence believes that each client is an expert of their own experience and therefore tailors her approach to meet their unique needs. She provides a non-judgmental, supportive, warm and empathetic environment. This setting allows for collaboration with clients

to promote personal growth and help them reach their treatment goals.

Professional Specialties

- Anxiety Disorders
- Depression
- Bipolar
- Adjustment disorder
- Obsessive-compulsive disorder
- Stress-related to the COVID-19 pandemic
- Life transitions
- Stress Management
- Perinatal Depression and Anxiety
- Insomnia
- Bereavement

Education

- Master's in Developmental Psychology - Wilfred Laurier University
- Master's in Counselling Psychology - McGill University.



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Professional Experience

Florence has nearly 10 years of experience treating those with a wide range of difficulties, from mild everyday stress to more complex conditions. Florence provides evidence-based treatment to adults with a wide range of presenting concerns. When Florence is not working, you will find her travelling, skiing, spending time with her family and dog.



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