

Chris Wright, M.A., C.Psych.



Professional Summary

Chris is a licensed clinical psychologist, registered with the College of Psychologists of Ontario. He is here to guide you through life's most complex and difficult matters. He truly cares about his clients' well-being and will work collaboratively with them to better understand and manage the problems they are experiencing. He primarily practices from an acceptance and commitment therapy (ACT) approach though can offer other forms of CBT including cognitive processing therapy, prolonged exposure therapy, and dialectical behavioral therapy.

Professional Specialties

- mood disorders
- anxiety disorders
- post-traumatic stress disorder
- personality disorders
- emotion regulation problems
- relationship problems
- stress
- life transitions

Education

- MA (Psychology) – Yorkville University

Professional Experience

In addition to his work with TeleCBT, Dr. Wright has his own private practice, Wright Psychological Services, located in Lively, Ontario.



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