

# Florence Mak, M.A., C. Psych., 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
- Life Transitions
- Stress Management
- Perinatal Depression, Anxiety, Stress, and Adjustment
- Infertility and Pregnancy Loss
- Insomnia
- Bereavement

## Professional Experience

Florence has over 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 traveling, skiing, spending time with her family and two dogs.



**Convenient Confidential Counseling**