

# Step Stone Psychology

Comprehensive psychological services available in Downtown Toronto and North York

## Paediatric Health Psychology Services

Health Psychology focuses on the dynamic relationship between physical and psychological health.

A pediatric health psychologist understands how medical complexity and needs can impact the individual child and broader family system, as well as the child's ongoing development and emergent mental health. Physical and psychological needs can also impact a child or youth's ability to re-engage in academic, social, and family life due to periods of illness or hospitalization, symptom interference, or ongoing pain and discomfort.

Therapeutic support can assist with these needs by targeting greater mind-body awareness, improved quality of life, and greater physical and mental health outcomes.

### Assessment and Intervention

Paediatric Health Psychology services offered at Step Stone Psychology include:

- Addressing treatment adherence barriers and needs
- Coping with diagnosis and/or prognosis
- Fear of needles and medical procedures
- Addressing functional interference
- Health anxiety
- Health psychology assessments
- Medical trauma and difficult medical experiences
- Parent support in context of child medical concerns
- Chronic pain and psychological strategies for symptom management
- Psychosocial support for acute and chronic illness
- Treatment of anxiety, mood, and other co-morbid mental health
- Somatization and somatic disorders
- Quality of life and supporting re-engagement in academic, social, and family domains

Across psychological services, an empathic, trauma-informed, and developmentally sensitive approach to care is adopted.

To learn more about our health psychology services, contact [healthpsych@stepstonepsychology.com](mailto:healthpsych@stepstonepsychology.com)

## Step Stone Services

We are a team of warm and skilled clinicians dedicated to the mental health assessment and counselling needs of adults, adolescents, children, couples, and families.

We offer a sliding fee scale and a 20-minute complimentary "meet and greet" to ensure a therapeutic fit.

### Treatment Services/Psychotherapy

- Adjustment Challenges
- Anxiety and Phobias, Panic
- Trauma, Post-traumatic Stress
- Obsessions and Compulsions
- Attention, Hyperactivity, Concentration
- Developmental Concerns, Autism Spectrum Disorder, FASD
- Depression and Mood
- Family Conflict, Parent-Child Relational
- Grief and Loss
- Health Psychology (Paediatric)
- Learning Needs, Giftedness
- Parenting counselling and support
- Pregnancy, Perinatal, Postpartum
- Relationship Issues, Couples Therapy
- Self Esteem and Self-concept
- Self-Harm
- Sleep issues
- Gender & Sexuality Concerns

### Assessment Services

- Psychoeducational and learning
- Psychodiagnostic assessments
- Developmental assessments
- Neuropsychological assessments
- Health Psychology assessments
- Youth Forensic assessments

### Therapeutic Modalities Include

- ACT
- CBT
- DBT
- EFT
- Play Therapy
- Motivational Interviewing
- Psychodynamic
- Couples Therapy

Virtual services offered across Ontario

Hybrid virtual/in-person services are offered in the GTA

Services offered in English, French, Farsi, and Russian

## Step Stone Psychology

416.551.7284 (PATH)

[info@stepstonepsychology.com](mailto:info@stepstonepsychology.com)

[www.stepstonepsychology.com](http://www.stepstonepsychology.com)

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