

**Wiseman Counselling Services - Toronto**

Psychotherapist In Toronto



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At **\*\*Wiseman Counselling Services\*\***, located in the heart of Toronto, ON, clients find a supportive and compassionate environment that prioritizes mental wellness. Led by the esteemed psychotherapist Suzanne Wiseman, this practice offers a range of therapeutic services and innovative treatments to help individuals navigate their mental health challenges.

**The Impact of Neurofeedback Therapy**

Neurofeedback is one of the key modalities utilized at Wiseman Counselling

Services. Many clients have reported transformative experiences after engaging in neurofeedback sessions with Suzanne. For example, one client shared, "I rented the Neurofeedback machine from Suzanne and noticed improvement in my focus, sleep, less anxiety, and self-consciousness." This advanced brain training system aims to retrain the brain, making it a powerful tool for those facing conditions like anxiety and insomnia.

## **A Warm and Inviting Atmosphere**

The environment at Wiseman Counselling Services is described as cozy and welcoming, which helps clients feel comfortable during their appointments. Visitors often appreciate the amenities available, noting how the treatment space is designed to foster relaxation and openness. One testimonial described the office as "cozy, bright," offering a reassuring atmosphere for those seeking support.

## **Appointment Requirements for Effective Treatment**

It's important to note that **\*\*appointments are required\*\*** for both counseling sessions and the use of the neurofeedback equipment. Clients are encouraged to schedule appointments in advance to ensure they receive personalized care tailored to their specific needs. Furthermore, it is recommended to plan regular visits, as consistent therapy has shown significant benefits, with one client stating, "After a few sessions, I found my overall mood much more positive."

## **Comprehensive Therapeutic Approaches**

Suzanne Wiseman utilizes a combination of talk therapy, EMDR, and neurofeedback to address various mental health issues. Her empathetic approach has enabled many clients to confront past traumas and develop healthier coping mechanisms. As one client noted, "Suzanne provided me with a combination of Neurofeedback and counselling services... I recognized drastic positive changes within just a couple of weeks." This multifaceted strategy ensures that each individual receives holistic support in their journey towards mental wellness.

## **Conclusion: A Journey Worth Taking**

Choosing Wiseman Counselling Services means committing to a journey of healing and personal growth. With a focus on trauma-informed care, effective therapies, and an inviting space, clients can expect to experience profound changes in their mental health. If you are in need of support in Toronto, don't hesitate to reach out. Remember, **\*\*appointments are essential\*\***, and planning your visit could be the first step towards a better tomorrow.

## **Our location is in**

1450 O'Connor Dr building #2 suite 217E, M4B 1Z1 Toronto, ON - Canada (CA)

The phone of the mentioned **Psychotherapist** is +1647-404-2429  
And if you want to send a WhatsApp, you can do so at +1647-404-2429

### **Our opening hours are:**

Day Hours  
Monday  
10?AM–4?PM  
Tuesday  
8:30?AM–7?PM  
Wednesday  
8:30?AM–7?PM  
Thursday  
8:30?AM–7?PM  
Friday  
8:30?AM–5?PM  
Saturday  
8:30?AM–6?PM  
Sunday  
Closed

The website is Wiseman Counselling Services

If you need to modify any detail that you believe is not precise related to this page, we kindly request deliver a message and we will fix it as soon as possible.  
With anticipation thanks.

### **Images**



## Tags

*Appointments recommended, Amenities, Planning, Toilet, Appointment required*

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child care agency
child health care centre
child psychologist
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community center
community health centre
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consultant
corporate office
counselor
coworking space
crisis center
dentist
doctor
education center
educational institution
emdr psychotherapist
emergency training
equestrian facility
family counselor
family practice physician
family service center
financial consultant
fitness center
government office
health counselor
health spa
hearing aid store
holistic medicine practitioner
home health care service
hospital
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hypnotherapy service
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kindergarten
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massage spa
massage therapist
medical center
medical clinic
medical group
medical office
medical spa
mental health clinic
mental health service
mortgage broker
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occupational therapist
optometrist
orthopedic clinic
orthotics & prosthetics service
osteopath
pain control clinic
pediatric clinic
personal trainer
pet groomer
pharmacy
physical therapist
physical therapy clinic
psychiatrist
psychologist
psychologists
psychopedagogy clinic
psychotherapist
rehabilitation center
reiki therapist
self defense school
skin care clinic

sleep clinic
social services organization
social worker
spa
specialized clinic
speech pathologist
sports medicine clinic
student career counseling office
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support group
therapists
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women's health clinic
yoga instructor
yoga studio