

Transformation Counselling Launches Ontario's First Therapist Matching Quiz

Accessible Mental Health Support for Kitchener-Waterloo, Cambridge, and Guelph and the rest of Ontario

KITCHENER-WATERLOO, ONTARIO, CANADA, November 26, 2024 /EINPresswire.com/ -- [Transformation Counselling](#) Launches Ontario's First [Therapist Matching Quiz](#) to Increase Accessibility to Affordable Mental Health Services



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“

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Tyler Ford

Transformation Counselling is proud to introduce Ontario's first affordable therapist matching quiz, a groundbreaking tool designed to connect individuals, couples, and families with the right therapist in under 60 seconds. This innovation simplifies access to mental health care, offering personalized and [affordable therapy options](#) to residents

of Kitchener-Waterloo, Cambridge, and Guelph. Ontarians outside of those service areas can still utilize this tool to match with an online therapist, wherever they are in the province.

A Faster Way to Find Support

The Therapist Matching Quiz replaces traditional, time-consuming intake processes with a streamlined, user-friendly approach. By pairing clients with therapists based on their unique needs, preferences, and budget, the quiz ensures faster access to specialists in areas like anxiety, trauma, depression, and couples therapy.

“Our goal is to make finding a therapist less overwhelming,” says Tyler Ford, Director of Transformation Counselling. “This tool empowers people to start their healing journey without delays.”

The clinic's team of highly trained therapists specializes in evidence-based modalities, including

EMDR, CBT, DBT, and more.

Affordable Therapy Options

To make therapy more accessible, Transformation Counselling offers sessions with supervised student therapists starting at just \$10-\$80 per session. These affordable, high-quality services are available for both individuals and couples. Regular therapy fees at Transformation range from \$140 to \$195 per session, providing a cost-effective alternative to the average therapy rates in Toronto.

“Our low-cost services are a direct response to Ontario’s mental health crisis,” Ford explains. “We’re removing cost and wait times as a barrier to care.”

Flexible, Local Support

Transformation Counselling provides both in-person therapy in Kitchener-Waterloo and online therapy all across Ontario, making it easier for clients to access care. The clinic also specializes in couples therapy, offering tailored solutions using the evidence based therapy techniques to support marriages and couples with achieving a happier and healthier relationship.

Reducing Wait Times

Long wait times for mental health support are a significant issue in Ontario. Transformation Counselling’s innovative quiz and affordable therapy options tackle this challenge head-on, helping clients find care quickly and effectively.

Start Today

Take the Therapist Matching Quiz or explore affordable therapy options by visiting www.transformationcounselling.com.

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