MindSeed Brings Specialized Virtual Psychotherapy to Clients Across Ontario

TORONTO, ONTARIO, CANADA, September 21, 2026 / EINPresswire.com/ -- MindSeed is highlighting its virtual approach to psychotherapy, giving people throughout Ontario access to a centre of clinical excellence without the need to travel to a physical clinic.



Meet the Team: Here are the people from MindSeed that are fully committed to helping you.

The MindSeed team brings experience, compassion, and personalized care to every client.

Based in Toronto, MindSeed provides virtual psychotherapy throughout Ontario through a clinical team with an average of more than 15 years of clinical experience. The team includes seasoned clinicians with expertise across a range of mental health concerns and therapeutic approaches, supported by ongoing professional development, expert-led training, clinical consultation, and collaboration.

> Our virtual model allows people across Ontario to connect with clinicians who have the training and experience to provide care that reflects their individual needs and goals."
>
> *Raha Mirian MA, RP*

"Access to quality mental health care should not depend on where someone lives or whether they can easily travel to an appointment," said Raha Mirian, M.A., RP, Founder of MindSeed. "Our virtual model allows people across Ontario to connect with clinicians who have the training and experience to provide care that reflects their individual needs and goals."

MindSeed takes an integrated approach to psychotherapy, bringing together multiple therapeutic modalities rather than relying on a single method. Treatment is tailored to individual needs and may incorporate approaches such as Dialectical Behaviour Therapy (DBT), somatic-based therapy, skills-based therapy, mindfulness-based approaches, relational

psychodynamic and attachment-based approaches, and other evidence-based methods.

The centre provides support for a broad range of mental health concerns, including trauma and PTSD, anxiety, depression, grief and loss, relationship challenges, ADHD, OCD, stress and burnout, and other mental health concerns. Services include individual and couples therapy, groups, tailored programs, and, where appropriate, psychiatric consultations.

For clients seeking trauma-focused care, MindSeed's clinicians may draw from approaches including EMDR, Cognitive Processing Therapy, DBT, somatic therapy, attachment-based therapy, and other established therapeutic approaches. Care is tailored to each client's circumstances and treatment needs.

Clinical excellence is central to MindSeed's approach. Alongside their existing clinical experience and areas of expertise, clinicians participate in ongoing expert-led training and clinical consultation. This supports continued professional development while providing an additional layer of clinical collaboration and oversight.

The virtual model also gives clients greater flexibility by removing the need to commute to appointments. This can be particularly useful for people balancing work, school, family responsibilities, mobility challenges, or other circumstances that can make travelling to appointments difficult.

MindSeed's virtual services allow clients across Ontario to access its clinical team from a private and familiar environment. With more than 12,000 therapy sessions provided, MindSeed also maintains a 4.85/5 client satisfaction rating. Together, these figures reflect the practice's experience providing virtual psychotherapy and the feedback received from clients.

About MindSeed

MindSeed is a centre of clinical excellence providing psychotherapy and mental health services through an integrated, trauma-informed approach. Its clinicians draw from multiple therapeutic approaches based on individual client needs and are supported by ongoing professional development, expert-led training, clinical consultation, and collaboration. MindSeed offers individual and couples therapy, group programs, tailored treatment, and psychiatric consultations.

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