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## Who is Dr. Konomi ?

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Dr. Yuki Konomi is a **clinical psychologist**, registered and licenced to practice with the College of Psychologists of Ontario.



Dr. Konomi's areas of specialization include clinical, forensic, and rehabilitation for assessment, diagnosis, and intervention.

Dr. Konomi received her Doctor of Psychology degree (Psy.D.) in Clinical Psychology from Adler School of Professional Psychology in 2008. She is a member of the Canadian Psychological Association and Ontario Psychological Association. She has 7 years of clinical experience on both an inpatient and outpatient basis in hospitals, private clinics, and community mental health settings.

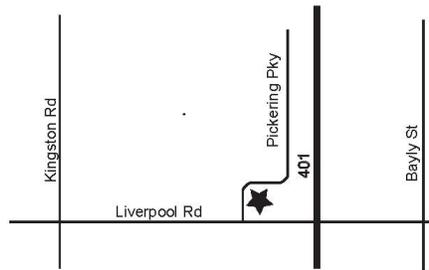
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Please call Santé for more information:  
**905.250.1322**

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## Santé Clinic Hours

Monday	9:30 AM—8:30 PM
Tuesday	9:00 AM—8:30 PM
Wednesday	9:30 AM—4:30 PM
Thursday	9:00 AM—9:00 PM
Friday	8:30 AM—2:30 PM
Saturday	8:30 AM—4:30 PM
Sunday	10:00 AM—2:00 PM



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**Web: [www.santegroup.ca](http://www.santegroup.ca)**



# Psychotherapy for Adults and Couples

Dr. Yukiko Konomi  
C.Psych.

Clinical Psychologist



 EXCEPTIONAL HEALTHCARE

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# Clinical Psychologist

Dr. Yukiko Konomi, C.Psych.

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## Services

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Dr. Yuki Konomi is now accepting new clients at **Santé Group HealthCare**. Dr. Konomi offers treatments to **adult (age 17 and up) individuals and couples**.

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## How Does Psychotherapy Work?

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Unlike in many comic strips or movies, you won't be laying on the couch beside a therapist. It is a face-to-face talk, and it takes about 55 minutes per session.

A psychologist's job is not to tell you what to do (anybody can do that), but to (1) listen carefully and non-judgmentally, (2) stimulate your thinking to come up with a good solution to a problem, and (3) help you improve your overall emotional wellbeing and the quality of your life.

You go to a medical doctor's office to feel better physically. You come to a psychologist's office to feel better emotionally. Indeed, research also shows that the combination of medication and psychotherapy is most effective in treating many conditions.

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Please call Santé to book your appointment:

**905.250.1322**

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## Who Can Benefit ?

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People who need help dealing with...

- Stress
- Trauma
- Chronic pain
- Bereavement
- Career planning
- Addiction issues
- Anger management
- Academic difficulties
- Interpersonal difficulties
- Relationship/marriage problems
- Persistent mood symptoms (depression, anxiety, etc.)

Treatment is tailored to each client's needs.

Dr. Konomi is trained in a variety of psychological intervention modalities, including cognitive-behavioral, solution-focused, and psychodynamic therapies.

People often find it difficult to talk about their personal issues to a professional. With Dr. Konomi's non-judgmental, friendly, and compassionate approach, however, her clients can feel comfortable to freely discuss their source of distress.

## Why Choose a Psychologist ?

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Psychologists spend an average of seven years in graduate education training and research before receiving a doctoral degree. As part of their professional training, they must complete a supervised clinical internship in a hospital or organized health setting, and at least another year of post-doctoral supervised experience before they can practice independently in any health care arena. It's this combination of doctoral-level training in clinical skills and knowledge and extensive clinical experience that distinguishes psychologists from many other mental health care providers.

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## Fees

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The current hourly rate is \$ 200. Psychological services are covered by extended healthcare benefits and motor vehicle insurance plans.

Please check with your provider.



Please note: OHIP does not cover these services.