



# PATH

Psychology Assessment *and*  
Treatment Services of Halton

paththerapyhalton.ca 289 206-4258

---

## **What to Expect from Psychotherapy:**

Psychotherapy / Treatment is based on talking through your difficulties, and what has taken you off your path. It may involve trying new skills, using different approaches, as well as commitment to change.

1. Be ready and willing to engage.
2. You can expect privacy, confidentiality, and respect.
3. Your therapist will not tell you what to do but will empower you to make steps toward healthier and satisfying outcomes. Your pathway toward wellness is an action-oriented process. The therapist will not tell you what to do, but rather, empower you to develop skills you can use every day to help you manage and thrive.
4. The process of working on yourself and creating positive change is hard work. This includes being willing to discuss and experience painful events and uncomfortable emotions. With the hope that at the end of the process, you will live a more satisfying life.
5. Therapy works only when you are ready and want to be there. Others might be pressuring you to seek treatment; however, only you can decide that you are ready to begin therapy.
6. In treatment, you will create therapeutic goals with your therapist. This will help set the focus of your sessions and evaluate your progress. Therapy involves a stepwise process toward change.

We look forward to working with you!

Michelle Spudic M.S.W., RSW  
Clinical Social Worker / Psychotherapist

Iwona Kaczmarzyk-Kozlowski, M.A., C. Psych.  
Clinical and School Psychologist



# PATH

Psychology Assessment *and*  
Treatment Services of Halton

paththerapyhalton.ca 289 206-4258

---

Emergency situations: In case of an emergency, please call 911, or go to the local hospital – emergency department.

Other support services:

- a. COAST 24/7 (Halton) 1-877-825-9011
- b. North Halton Distress Line (905) 877-1211
- c. Wellness Together (Free Single Session Counselling) 1-866-585-0445
- d. Sexual Assault and Violence Intervention Services (SAVIS) Crisis Support  
905-875-1555
- e. Canadian Mental Health Association Crisis Services (National) 1-833-456-4566
- f. Reach Out Centre for Kids (ROCK)- under 18 years of age Crisis Line 905-878-9785
- g. Crisis Services Canada  
<https://www.crisisservicescanada.ca/en/looking-for-local-resources-support/>