



Dr. Ian Shulman
Psychologist, Clinic Director

Ian Shulman began his professional career at the Anxiety Disorders Clinic of the former Clarke Institute of Psychiatry where he learned the basics of CBT. He completed his doctorate at the University of Calgary and has been in practice since 2000.

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Reference:

1. Canadian Psychological Association (2002). The cost effectiveness of psychological interventions. Ottawa.

Receipts for psychological services can be submitted with income taxes as a "medical expense".

Additional copies of this document are available for download from our website.

What Are Psychologists?

Psychologists are experienced, highly trained mental health professionals who help people resolve problems in their lives. Psychologists study and train in therapy skills, assessment and diagnosis for many years before being licensed to practice. In Ontario, all psychologists have a Doctor of Philosophy (PhD) degree, or the equivalent and attend university for about 10 years. Approximately 3,000 hours (or more) of their work is supervised during and after that period. By comparison, psychiatrists train for about 10 years and family physicians for about 6, but the amount of therapy training either receives varies widely. Psychologists are called "Doctor" and only psychologists can use the term "psychological" to describe the services they provide.

What Psychologists Do

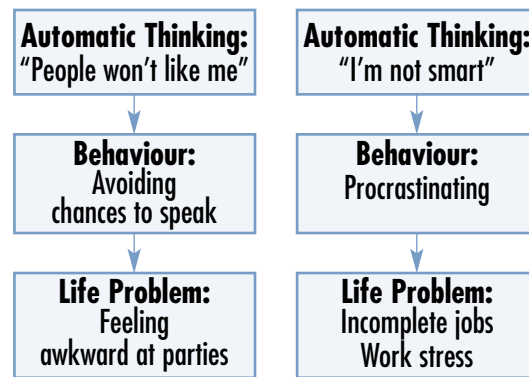
Psychologists focus on behaviour, understanding its causes and how to change it. While people are usually aware of much of what they do, a lot of behaviour occurs on the fringes of awareness and it is there, that it can contribute to problems. For example, arguing in relationships, eating or drinking when stressed, procrastinating, worrying and avoiding are all behaviours that can happen without full awareness. We can change those behaviours, but only by becoming aware of them and exploring the root causes.

Some psychologists do this by providing a supportive ear, listening without judging and asking questions that promote a different way of thinking. Others add a practical component, teaching skills and techniques the clients can use to feel better and function more effectively in life. Others focus on formal assessments to identify and diagnose emotional, academic and neuropsychological conditions. Generally speaking, all psychologists try to understand the needs of the person seeking their services and tailor an intervention to meet those needs.

Psychologists at Shift Cognitive Therapy

The psychologists at Shift focus primarily on identifying why problems are occurring and teaching skills to improve functioning. Much of this involves understanding patterns of thought that also occur semi-automatically and drive problem behaviours. Some of that thinking can be very old, dating back to childhood and early experiences, while other automatic thinking develops later. Automatic thoughts can be dysfunctional. For example, people believe they

are weak and mistakenly apply that label to their whole self without question, not considering the things they do that require great strength. Automatic thoughts can also be applied incorrectly, such as when adults who felt weak sometime in childhood continue to act as if they are weak, even after years of growth and success. Thoughts and behaviours are connected and, when they remain hidden, contribute to many types of life problems.



People consult psychologists at Shift because of work/life stress, anxiety, phobias, excessive worry, depression, trauma, unexplained medical symptoms, medical issues with strong behavioural components (e.g., diabetes, drinking, obesity, pain), relationship issues and family issues, Attention-Deficit/Hyperactivity Disorder, child behaviour problems and learning issues.

Growing bodies of research show that psychological interventions are less expensive and are as or more effective than medication treatments for conditions like anxiety and depression. Psychological interventions teach people to manage their symptoms; meaning they use the health care system less and feel more confident coping¹. The psychologists at Shift conduct research on a client-by-client basis to ensure that we are meeting client needs and providing effective and cost-efficient service.

Accessing Psychological Services

Potential clients can refer themselves or be referred by their family physician. Psychological services are not covered by OHIP, but most extended health benefit plans provide some allowance for services. Receipts for services can also be submitted with income taxes as a "medical expense."

Contact Shift Cognitive Therapy for more information or to book an appointment.