

Our Team at Shift

We have expanded our professional team at Shift to include a number of excellent clinicians.



Dr. Ian Shulman
Psychologist, Clinic Director

Ian Shulman is a clinical psychologist with an energetic and creative style, who enjoys working with clients of all ages. He has a particular interest in anxiety and life stress, and uses an approach that helps clients to appreciate how difficult life experiences contribute to their present-day struggles. From that more informed position, clients begin to choose how they want to cope instead of continuing to react automatically.



Dr. Sheila Tervit
Psychologist

The newest addition to our staff, Dr. Tervit brings a very warm and inviting style to her work with clients, many of whom have medical and related issues. Trained at the State University of New York (SUNY), Dr. Tervit's primary work has been in the areas of helping medical patients and their families deal with cancer, cardiac and other health concerns. She is a member of the Wellspring Cancer Support Foundation and a speaker with Cancer Care Ontario and Lung Cancer Canada. Dr. Tervit's general approach involves helping her clients to take an active hand in their own care, identifying and changing attitudes and behaviours that interfere with healthy functioning.



Dr. Chris Parrish
Psychologist (Supervised Practice)

A member of the Shift team since October, Dr. Parrish is completing the yearlong process of registration with the College of Psychologists of Ontario. He has a broad base of training and experience in the areas of anxiety, mood and eating issues. In treatment, Dr. Parrish views his goal as helping clients to grow by understanding how thoughts, beliefs, behaviours and environment all contribute to their struggles. He uses humour and his broad repertoire of treatment approaches to build collaborative relationships where each client can feel comfortable sharing and learning. He seeks to connect with the real person behind "the problems," knowing that leading richer and more fulfilling lives comes from feeling empowered and understood.



Penny Smith, MSR, RSW

Penny Smith is an experienced social worker, who approaches individual clients and families with humour, understanding and practical solutions. She is comfortable with a wide range of client ages, stages and challenges, and has a particular interest in parenting and parent-teen conflicts. She was a school social worker for the Halton District School board for 10 years and currently divides her time between private practice and work with the Peel District School Board. She developed and provided two highly effective grass roots programs for adolescents: The Parent Watch Program for parents of high risk adolescents, and Peers Empowering Peers, an orientation program for grade nine students provided by grade 12 students. Penny is a welcome addition to our team, allowing us to provide greater services to family groups

**Our Address has
Changed to:**

Shift Cognitive Therapy
466 Speers Road, Suite 220
Oakville, Ontario L6K 3W9

Direct referrals to:
Tel. 905.849.1288
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www.shiftct.com