

# Centre for Cognitive Therapy

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## Psychologists



Dr. Arthur Blouin



Dr. Justin Massey



Dr. Michelle Collins



Dr. Bill Utendale



Dr. Martyn Gabel



Dr. Deanna Davis



Clinical Director  
Dr. Jane Blouin,  
No. 1 Psychologist In  
Ottawa: Rating by  
'Best in Ottawa'

## Centre for Cognitive Therapy

The Ottawa Center for Cognitive Therapy (CCT) is a dynamic clinic of 7 Psychologists and 7 Psychotherapists. All are exceptionally well trained in traditional Cognitive Behavioural Therapy and integrate contemporary scientific advances in cognitive science as well as the recent "third wave" approaches into their work.

The CCT is open to new clients and can offer initial assessments within 1-2 weeks of referral. New clients will receive a thorough initial assessment that includes standardized assessment tools, as well as an assessment interview conducted by a Senior Psychologist. Based on the client's clinical presentation, goals, and the expertise, personality, and availability of one of the 14 therapists at the CCT, clients will be matched with the Cognitive Therapist that is the best fit for them.

Therapists at the CCT bring together a wide array of specific areas of clinical expertise applicable to treating a wide range of clinical disorders. These include depression and mood disorders, stress and anxiety disorders, eating disorders, weight management, PTSD and Personality Disorders. CCT therapists include in their licensing, competence in Health and Rehabilitation Psychology (one Psychologist has completed his M.D.), Couples Therapy, Grief, ADHD and ASD management, insomnia, substance use, and chronic pain management, sport psychology and performance anxiety.

At the CCT, we are dedicated to an evidence-based approach that includes continuous development of clinical practice based on latest scientific advances. Dr. Arthur Blouin has an upcoming book focused on incorporating these advances into the clinical practice of Cognitive Therapy. All therapists at the CCT participate in continuous professional development with at least 2 weekly meetings with the Directors and senior Psychologists in their particular areas. The founders and Directors of the CCT are continuously ranked among the top Psychologists in Ottawa. "Best in Ottawa" currently ranks Dr. Jane Blouin number one Psychologist in the city.

Any and all questions are welcome. Our competent and dedicated administrative staff look forward to assisting with all referrals. Referring Doctors can expect reports communicating the results of the assessment as well as the disposition of their patient referral.

We invite you and your patients to follow us on Facebook, where we provided monthly suggested reading and weekly mental health tips.

## Cognitive Therapists



Rachel Domingue M.A. Megan Black M.A. Kelsey Marshall M.A. Abeer Mourad M.A. Abby Levert M.Ed. Catherine Zuro, M.A