



Julian D'Souza

MSW, RSW

Social Worker

When was the last time you checked your cognitive and or emotional G.P.S.? (Goals, People Supports and Strategies)

With over 25 years of extensive experience as a Clinical Social Worker/Psychotherapist, Julian addresses anxiety, depression, anger and emotional issues due to an unchecked cognitive-emotional G.P.S. In conjunction with counselling, psychotherapy and behaviour modification he helps patients bounce back, overcome obstacles and progress on life's highway.

Julian utilizes multiple approaches and therapies including Cognitive Behavioral Therapy (CBT), Emotional Focus Therapy (EFT), Gottman's Therapy, Transactional Analysis (TA), Solution Focused Brief Therapy (SFBT) and Talk Therapy to help address anxiety, depression and addiction issues to alcohol, drugs, substances, gambling and misuse of the internet. He also counsels clients with couple relationships and marital problems, domestic violence issues, anger management and caregiver burn-out.

Prior to joining CarePoint Health, Julian worked at the Addiction Research Foundation (amalgamated into CAMH), Counterpoint Counselling & Education COOP Partner Assault Response (PAR) programs, Central West CCAC, Morneau Shepell (LifeWorks) and Bayridge Counselling Centres.

Julian is a Registered Social Worker, accredited by the Canadian Association of Social Workers.

