



## **Eghonghon (Mary) Omiyi**

MS, Registered Psychotherapist  
(Qualifying)

**OSP Therapist**

Eghonghon (Mary) Omiyi (she/her) graduated with a Master's degree in Clinical Mental Health Counselling from Shippensburg University in 2018 and is registered with the College of Registered Psychotherapists of Ontario (CRPO). Mary has extensive experience working with children, youth, and adults with varying degrees of mental health challenges in various settings. Prior to becoming a psychotherapist, Mary worked in health care attending to the medical and mental health needs of individuals.

Mary approaches care from a person-centered, strength-based, trauma-informed, and culturally sensitive lens and she strives to provide a safe and non-judgemental space that facilitates healing.

Mary has training in multiple therapeutic approaches (Cognitive Behavioural Therapy, Solution Focused Brief Therapy, Trauma Focused-CBT, Narrative therapy) and as an OSP Clinician at CarePoint Health, Mary utilizes Cognitive Behavioural Therapy in the treatment of depression, anxiety-related disorders, and trauma.

Prior to CarePoint Health, Mary worked at a Community Health Centre in Downtown Toronto providing psychotherapy to racialized women.

