



Charmy Patel

RP (Qualifying)

Assessment Clinician, OSP

Charmy holds registration as a qualifying psychotherapist with the CRPO college and successfully earned her Master of Arts in Counselling Psychology (MACP) in December 2022. Her academic background includes a Masters of Public Health obtained in 2019 and a Bachelor of Science in 2017.

For the past seven years, Charmy has been actively engaged in mental health research at Queen's University. Since completing her Masters in Counselling Psychology, she has been dedicated to counseling individuals dealing with various mental health challenges, such as depression, insomnia, anger management, life transitions, and anxiety disorders. She takes pride in fostering a non-judgmental environment to empower clients in enhancing their well-being.

Charmy is committed to creating a safe and comfortable space where clients can openly explore their thoughts and feelings. She considers herself fortunate to have a multifaceted perspective on mental health through her experiences in research, counseling, and her current role as an assessment clinician.

