



Charmy Patel

Registered Psychotherapist

OSP Therapist

Charmy holds registration as a registered 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 nine 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, life transitions, trauma, 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.

Charmy worked as an assessment clinician at Care Point Health from October 2023 to January 2025. She feels fortunate to have gained diverse experience in research, assessments, and her current role as a therapist.

