



Masako Tanaka

Registered Psychotherapist

OSP Therapist

Masako is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario (CRPO). She received her Master's degree in Counselling Psychology from the University of Toronto, Master of Public Health from the State University of New York, and Ph.D. in Health Research Methodology from McMaster University.

Masako has many years of experience researching in the areas of family violence, child welfare, and mental health both at academic and government settings. These experiences humbled her and motivated her to become a psychotherapist to directly work with clients from diverse backgrounds to help improve their quality of life.

Masako commits to provide a safe space for clients where they feel validated, understood, and accepted without judgment. She strives to provide a client-centred, trauma-informed and culturally sensitive care for all her clients.

Through her role as an OSP therapist, Masako will collaborate with clients to explore their mental health concerns, while drawing on their strengths, cultural resources, and values to facilitate changes toward their growth and wellbeing. Masako provides psychotherapy in English and Japanese.

