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# August 17th 2017: Tips for Finding a Good Therapist

So, you need to find a therapist. Maybe it's for you: your life or your marriage is suffering. Maybe it's for your child as you watch her struggle. No matter the reason, the task can feel daunting. There's the alphabet soup of PhDs, PsyDs, MDs, MSs, and MSWs, not to mention all the labels --psychiatrist, psychologist, marriage & family therapist, family counselor, licensed professional counselor, social worker. Each one brings different training, experience, insights, and character to the table. How can you find a therapist who is right for your needs? In this episode of Straight Talk, Sa







#### **Featured Guest**



#### Georgia Dow MA

Georgia Dow, MA specializes in treating anxiety and stress management for both children and adults as a top Psychotherapist at The Montreal Center for Anxiety and Depression. With over 20 years of experience in teaching and counselling—Georgia has helped innumerable clients overcome anxiety successfully.

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