



Sogol Kafi is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario.

She holds a Master's degree in Counselling and Spirituality and is currently a PhD candidate. She is also a member of the Canadian Counselling and Psychotherapy Association.

Sogol has extensive clinical experience working with adults and couples navigating concerns such as anxiety, depression, childhood trauma, and personality-related challenges.

She also works closely with mothers of young children, supporting them in strengthening parent-child relationships and addressing behavioural difficulties.

At the institute, Sogol facilitates training groups for therapists interested in integrating Self-in-Relationship Psychotherapy into their practice.

To make an appointment contact:
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