



To make an appointment contact:
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Scott McCleery is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario and a member of the Canadian Counselling and Psychotherapy Association.

He works with adult individuals and couples navigating anxiety, depression, trauma-related concerns, and relational difficulties, offering a steady and thoughtful therapeutic presence.

Grounded in the Self-in-Relationship Psychotherapy framework, Scott approaches therapy as a collaborative process rooted in the therapeutic relationship. He provides a calm, respectful, and attuned space where clients can explore their experiences with greater safety, openness, and curiosity.

His work emphasizes deepening self-awareness and understanding the emotional and relational patterns that shape present-day challenges, including those influenced by earlier experiences. Through careful dialogue and reflection, clients are supported in strengthening resilience, accessing unmet needs, and moving toward more authentic and meaningful ways of relating.

In addition to his clinical practice, Scott provides clinical supervision to RP (Qualifying) therapists and Master's-level counselling students and serves as an instructor with the Self-in-Relationship Psychotherapy Institute, supporting therapists in integrating the SIRP model into their clinical work.