



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.