

PTSD and Therapy Websites

Website Resources

PTSD Association of Canada

<http://www.ptsdassociation.com>

Self Assessment Tools

<http://www.ptsdassociation.com/assessment>

PTSD Booklet

http://www.ptsd.va.gov/public/understanding_ptsd/booklet.pdf

EMDR Therapy

www.emria.org

<http://emdrcanada.org>

Cognitive Behavioural Therapy

<https://www.beckinstitute.org/get-informed/what-is-cognitive-therapy/>

Find a Therapist

EMDR Therapy

<http://emdrcanada.org/find-a-therapist/>

www.emdria.org

Therapist Directory

<https://therapists.psychologytoday.com/rms>

Find a Social Worker

<http://www.findasocialworker.ca/ON/en/default.asp>