

The Southdown Institute now provides **Virtual Outpatient Psychotherapy**, in individual and group formats, to the entire Catholic population, ordained and lay alike, in Saskatchewan, Alberta and Ontario. Contact us today and discover how our trusted team of clinicians can be of service.



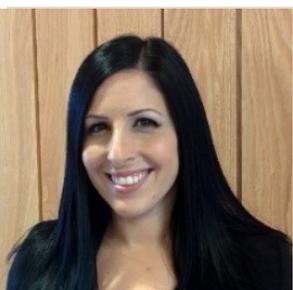
Rev. Stephan Kappler, Psy.D., C.Psych., R.Psych. has served as diocesan priest for the past 26 years. In his role as priest and psychologist, he has respectfully accompanied individuals pastorally, spiritually, and emotionally by way of pastoral counseling and psychotherapy. Integration of spirituality and faith into the process of psychotherapy is one of his areas of specialization. His approach to psychotherapy can be described as person-centred, relational, and psychodynamic, which allows him to walk with individuals in their uniqueness, welcoming them with unconditional positive regard. Fr. Stephan offers psychotherapy in his native German, in addition to English and Spanish.



Michael Sy, Ph.D., C.Psych. is a psychologist and has been a member of the Southdown clinical team since 1987. He has worked in the assessment, residential, and aftercare programs. He has provided support and facilitation to religious communities and dioceses in Canada and the United States as they experience crises, transitions and losses. Michael's current focus is in meeting the outpatient needs of Clergy and Vowed Religious. His approach to therapy is psychodynamic, cognitive behavioral and relational. Michael speaks Chinese and Filipino, in addition to English.



Marc Simpson, BSW, MSW, RSW is a psychotherapist with extensive training and clinical experience in the areas of biopsychosocial assessment, addiction and concurrent disorders, Cognitive Behavioral Therapy, Dialectical Behavior, and Narrative Therapy. Marc provides an environment of compassion and support to help individuals overcome obstacles to move forward and thrive. He believes that change happens when people are given the guidance they need to draw on their own strengths and realize their potential to live fulfilling, happy lives.



Carol Cavaliere, MA is a doctoral candidate in Clinical Psychology. She provides psychotherapy and assessment services to adults with various mental health concerns, including depression, anxiety, difficulties related to emotion regulation, psychosexual development, wellness, intimacy and interpersonal relationships. Carol is trained in forensic assessment and treatment. She utilizes evidence-based approaches to psychotherapy, including Cognitive Behavioral Therapy and Emotion-Focused Therapy. Carol views therapy as a collaborative process, and takes an empathetic, non-judgmental approach in her work with the intent of creating a safe environment within which her clients may feel free to discuss their concerns.



Rev. Francois Diouf, OSB, Ph.D. has served as a Benedictine monk for the past 11 years. He has ministered in the novitiate formation team and accompanied novices and junior monks in the areas of human development, theology and monastic spirituality. As a doctoral student in psychology, Francois' area of interest is the importance of cultural factors in clinical work. His approach to psychotherapy is based on the recognition of the cultural uniqueness of each individual. He utilizes an integrative approach of Existential-Humanistic Therapy and Psychodynamic Therapy. Francois offers psychotherapy in his native French, in addition to English.

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