



Rita Benson, M.S.(MFT),

Rita Benson has over 18 years of experience as an individual, marital, family and group therapist. She is a registered Marriage and Family Therapist and Approved Supervisor with the Ontario Association for Marriage and Family Therapy and the American Association for Marriage and Family Therapy.

She has completed training in six levels of Sand-tray- Worldplay with Dr. Gisela De Domenico. Rita is skilled in three trauma release techniques (E.M.D.R. Emotional Freedom Technique and Trauma Incident Reduction).

She is author of the book, "Souls Rising: A Book of Reflections and Affirmations on Life, Relationships, Sexuality, and Spirituality".

What is WillingSpirits?

WillingSpirits is the joint practice operated by Rita Benson and her spouse, Keith Marlowe. Keith is also a qualified marriage and family therapist with 30 years of experience. Rita and Keith work individually and together with people who are interested in personal growth and in moving forward in their lives. They are open to the option of doing conjoint therapy with couples, families, or groups.

Their professional practice is in Durham Region. Sessions are booked by appointment. Evening appointments are available.

Private practice fees apply. Some people may have full or partial coverage through an Employee Assistance Plan or a group insurance plan offered by their employer.

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One can never consent to creep when one feels an impulse to soar... Helen Keller

WillingSpirits Counselling & Consulting

Rita Benson

M.S.W., M.S. (MFT)

Clinical Member and Approved Supervisor,
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Therapy

*Peace lives at the heart of all things.
Maya Angelou*

How can therapy help?

During their lifetime, most people have experiences that are particularly challenging or difficult. They can benefit from support and knowledgeable assistance in addressing these circumstances.

Therapy provides a compassionate and informed setting in which you and your therapist dialogue together, exploring new meanings and new alternatives or possibilities. Therapy can assist in releasing unwanted emotions and learning new skills. A therapist can help you see your problem from a new perspective and support your change and growth in the directions you desire.

While marriage and family therapists see people individually, they also work with couples, family groups, and/or subgroups, depending on the nature of the situation.

Training in a variety of therapy techniques and skills allows the therapist to respond to different needs and personal styles of people seeking assistance.

A good therapist is respectful and genuine and supports clients in opening space for themselves and others to be more authentically who they want to be.

Available Services:

- Individual Counselling
- Couple Counselling
- Family Counselling
- Counselling for Children & Adolescents
- Trauma Release Work
- Group Therapy
- Sand Tray World Play Sessions
- Weekend Retreats and 5 Day Retreats
- Clinical Supervision
- Critical Incident Stress Management

Trauma Release Techniques:

Trauma release techniques assist individuals in releasing unwanted feelings or beliefs that arise from dealing with difficult life experiences. They include E.M.D.R (Eye Movement Desensitization Reprocessing), Emotional Freedom Technique, and Trauma Incident Reduction.

Emotionally Focused Couple Therapy:

Emotionally Focused Couple Therapy is talk therapy that focuses on dealing with and understanding feelings of both partners to address places of stuckness. In the process partners tap new sources of wisdom for improving the relationship and one's personal life.

Sand Tray World Play:

Sandtray-Worldplay is a transformational journey method for adults, children, adolescents, families, couples and groups. Builders create a scene using wet or dry sand, miniature objects, candles and the space of the tray to give expression to what is taking place in their internal and external worlds.

As a process, it involves the whole person -mind, body, heart, language, intuition, soul and spirit. STWP provides a unique experience of accessing and listening to these parts of ourselves.

This form of therapy is very client-centered. It allows children a safe way to express and process their experiences in a way that is familiar to them.

Personal Growth Retreats:

A personal growth retreat is a chance to step away from everyday life into a safe and respectful environment that offers the opportunity to gain new perspective, to experience unconditional love, and to shift core feelings, patterns and beliefs that are getting in the way of who a person can truly be. There is a spiritual focus in the retreats, which invites and supports people into their spiritual journey, in a way that honours and respects their spiritual roots or orientations.

Both Women's Retreats and Mixed (Men's and Women's) Retreats are offered. Retreats are open to those over 18 years of age.