



**TANIA DASILVA**  
**MEDIA KIT**



# MEET TANIA

CHILD, YOUTH & FAMILY  
THERAPIST

CLINICAL DIRECTOR & OWNER  
OF BEHAVIOUR MATTERS

Tania DaSilva is a Child, Youth and Family Therapist, certified in Cognitive Behavioural Therapy and Solution Focused Therapy. She holds an Honours Bachelors of Arts and Science Degree majoring in Psychology and Sociology at the University of Toronto. She also holds an Honours Advanced Child and Youth Care Diploma from Humber College, specializing in counselling, interventions, treatment and therapeutic activities. Additionally, Tania has received certification in Applied Behavioural Analysis for Educators through the Geneva Centre for Autism, as well as certification in Neuroscience Psychology accredited by the CCE. She also specializes in Emotional Intelligence and is certified to administer the renowned EQ-i2.0 assessment. Tania has taken countless workshops in modalities such as DBT, Creative Expressions and Mindfulness.



She started her career working at The Dunblaine School, a school dedicated to students with various degrees of developmental and learning disabilities. Tania was also part of the multi-disciplinary team at the North York General Hospital in the Psychiatric Unit, working specifically in the eating disorder day program. She originally joined the Behaviour Matters team as a group facilitator, where she is now the Owner and Clinical Director. She oversees a team of therapists, runs small specialized parent support programs and see's a select few clients, as well as facilitates professional development seminars, community workshops, keynotes and creates/consults on curriculum and resources.

Tania strongly advocates for mental health, as she struggled with her own mental health at a very young age. She was diagnosed with an anxiety disorder at age 16. At age 21, she had someone dear to her committed to a mental health institution and was one of the primary caregivers throughout this process. Her passion for the field has led her to create a space and experience like no other for the children, youth and families.





## IN THE NEWS

Tania has been featured in various outlets across the globe:



BREAKFAST  
TELEVISION



**BESTLIFE**



**ROMPER**

### CONNECT WITH TANIA:



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