

# Website Analysis: oamft.com

Generated on May 10 2025 02:49 AM

The score is 40/100







## SEO Content

	Title	Find a Therapist  Length : 16  Perfect, your title contains between 10 and 70 characters.												
	Description	Length : 0  Very bad. We haven't found meta description on your page. Use <a href="#">this free online meta tags generator</a> to create description.												
	Keywords	Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.												
	Og Meta Properties	This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use <a href="#">this free og properties generator</a> to create them.												
	Headings	<table><tr><td>H1</td><td>H2</td><td>H3</td><td>H4</td><td>H5</td><td>H6</td></tr><tr><td>0</td><td>0</td><td>6</td><td>3</td><td>1</td><td>0</td></tr></table> <ul style="list-style-type: none"><li>• [H3]</li><li>• [H3] Find a Marriage &amp; Family Therapist</li><li>• [H3] BLOG</li><li>• [H3] Conferences</li><li>• [H3] Job Listings</li><li>• [H3] Where are you now?</li><li>• [H4] Latest Blog Posts</li><li>• [H4] Coming Events</li><li>• [H4] Job Listings</li><li>• [H5] Keyword or Therapist NameSpecialities &amp; Approaches Miscarriage, Pregnancy Loss Specialities    Addiction    Anger Management    Anxiety    Bereavement    Blended Families    Child &amp; Youth Behaviour    Child Development    Children and Divorce    Conflict Resolution    Couples    Cross-Cultural Issues    Depression    Development Disabililties    Disability Adjustment    Eating Disorders    Executive Coaching    Family of Origin work    Gays &amp; Lesbians    Grief    Individuals    Infertility    Life Transitions    Marital    Marriage Enrichment</li></ul>	H1	H2	H3	H4	H5	H6	0	0	6	3	1	0
H1	H2	H3	H4	H5	H6									
0	0	6	3	1	0									





## SEO Content

Mediation Mental Illness Mindfulness Mood Disorders  
Outdoor sessions Parenting Post Traumatic Stress  
Disorder Relational Life Therapy Relationship Issues  
Retirement Issues Self Esteem Self Image Separation &  
Divorce Sexual Abuse Sexuality/Sex therapy Single  
Parenting Spirituality Step Families Stress Management  
Trauma Wellness Work Issues Therapeutic Approaches  
Analytical psychology Art therapy Assessment  
Attachment therapy Attachment-based psychotherapy  
Attachment-based therapy Behaviour modification  
Behaviour therapy Biodynamic psychotherapy  
Bioenergetic analysis Biofeedback Body psychotherapy  
Brief psychotherapy Child psychotherapy Classical  
Adlerian psychotherapy Client-centered psychotherapy  
Cognitive analytic therapy Cognitive behaviour therapy  
Collaborative therapy Consultation & Supervision  
Contemplative psychotherapy Conversational model Core  
process psychotherapy Couples Therapy Dance therapy  
Depth psychology Dialectical behaviour therapy Drama  
therapy Dreamwork Eco-Therapy Ecological counseling  
Emotionally focused therapy Eye movement desensitization  
and reprocessing Family therapy Feminist therapy Gestalt  
therapy Group therapy Guided affective imagery Holistic  
psychotherapy Hypnotherapy Integral psychotherapy  
Integrative psychotherapy Intensive short-term dynamic  
Internal Family Systems Model Interpersonal  
psychoanalysis Interpersonal psychotherapy Jungian  
psychotherapy Marriage counseling Mindfulness-based  
cognitive therapy Mindfulness-based stress reduction Music  
therapy Narrative therapy Nonviolent Communication  
Object relations psychotherapy Parent management  
training Parent-child interaction therapy Pastoral  
counseling Person-centered therapy Play therapy Positive  
psychology Positive psychotherapy Process oriented  
psychology Psychoanalysis Psychodrama Psychodynamic  
psychotherapy Rational emotive behaviour therapy  
Relationship counseling Rogerian psychotherapy  
Sandplay Therapy Schema Therapy Sex therapy Sexual  
Identity Therapy Solution focused brief therapy Somatic  
Experiencing Somatic psychology Systematic  
desensitization Systemic therapy Thought Field Therapy  
Transactional analysis Transference focused psychotherapy  
Transpersonal psychology Location AuroraBarrieBellevilleBra  
cebridgeBrockvilleBurlingtonCaledonCambridgeChatham-  
KentCobourgCollingwoodCookstownElmiraFergusGuelphHalton  
HillsHamiltonHuntsvilleKingstonKitchenerLindsayLondonMarkha  
mMeafordMississaugaNewmarketNiagara FallsNorth BayOakvill  
eOrangevilleOrilliaOshawaOttawaPerthPeterboroughPickeringQ  
uinte WestRichmond HillSaint CatharinesSaint ThomasSt. Catha  
rinesStratfordSudburyTorontoVaughanWashagoWaterlooWellesl  
eyWhitbyWhitchurch-StouffvilleWoodstockPostal codesearch  
radius: auto 1 Kilometers 5 Kilometers 10 Kilometers 50  
Kilometers 100 Kilometers Search To see all listings just click  
on Search.

## SEO Content

	Images	We found 7 images on this web page.  2 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : 3%  This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 17 links including 1 link(s) to files
	Statistics	External Links : noFollow 0%  External Links : Passing Juice 100%  Internal Links 0%

## In-page links

Anchor	Type	Juice
<a href="#">Login</a>	External	Passing Juice
<a href="#">Register</a>	External	Passing Juice
=	External	Passing Juice
<a href="#">Self Care as treatment for stress/depression/anxiety</a>	External	Passing Juice
<a href="#">Learn how to embrace your anxiety</a>	External	Passing Juice

## In-page links

<a href="#">Feel it, Name it, Breathe: Regulating Your Emotions</a>	External	Passing Juice
<a href="#">See all Blog Posts</a>	External	Passing Juice
<a href="#">Spirituality in Couple and Family Therapy</a>	External	Passing Juice
<a href="#">Intimate Partner Violence Seminar</a>	External	Passing Juice
<a href="#">Theraplay Level 1 and Level 11</a>	External	Passing Juice
<a href="#">See all Coming Events</a>	External	Passing Juice
<a href="#">Seeking an Associate Clinician</a>	External	Passing Juice
<a href="#">New Associate Wanted in Toronto</a>	External	Passing Juice
<a href="#">See all Job Listings</a>	External	Passing Juice
<a href="#">privacy policy</a>	External	Passing Juice
<a href="#">terms of use</a>	External	Passing Juice
<a href="#">Home</a>	External	Passing Juice






## SEO Keywords














## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
oamft	20	✖	✖	✖	✖
committee	18	✖	✖	✖	✖
ethics	6	✖	✖	✖	✖
membership	6	✖	✖	✖	✖
classifieds	4	✖	✖	✖	✖





## Usability

	Url	Domain : oamft.com Length : 9
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.





## Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 0
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<div> Excellent, your website doesn't use nested tables.</div> <div> Too bad, your website is using inline styles.</div> <div> Too bad, your website has too many CSS files (more than 4).</div> <div> Too bad, your website has too many JS files (more than 6).</div> <div> Too bad, your website does not take advantage of gzip.</div>

## Mobile

	Mobile Optimization	<div data-bbox="555 197 767 237"> Apple Icon</div> <div data-bbox="555 264 879 304"> Meta Viewport Tag</div> <div data-bbox="555 331 807 371"> Flash content</div>
--	---------------------	---

## Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <div data-bbox="555 656 959 696"><a href="http://oamft.com/sitemap.xml">http://oamft.com/sitemap.xml</a></div> <div data-bbox="555 719 1241 759"><a href="https://www.publicoversightboard.org/sitemap.xml">https://www.publicoversightboard.org/sitemap.xml</a></div>
	Robots.txt	<p><a href="http://oamft.com/robots.txt">http://oamft.com/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <div data-bbox="555 1014 860 1066"> Google Analytics</div>