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NSBEP#: R0473 CRHSPP#: 06063



AREAS OF PRACTICE

<p>Abuse: Emotional Physical Sexual Anger Management Anxiety Attachment Issues Assertiveness / Social Skills Behaviour Problems</p>	<p>Body Image Issues Caregiver Stress Couple Therapy Depression Family of Origin Issues Grief / Loss / Bereavement Personal Growth / Wellness Relationship Issues Self Esteem</p>	<p>Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career Change</p>
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TREATMENT APPROACH

POPULATION

<p>Cognitive-Behavioural Psychodynamic Humanistic Process-Oriented</p>	<p>Adolescent 16-18 Young Adult 19-25 Adult >25</p>
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LANGUAGE

English
 French

PROFILE

I have over 15 years experience helping people develop insight, resolve issues, and make changes in their lives. My background is in a holistic approach integrating a number of theoretical orientations and therapeutic approaches. Some people seek a practical solution-oriented approach to help them with their problems, others also look for varying degrees of personal growth and change, when they seek help for problems. I adjust my own approach to helping each client accordingly. My focus is on helping each person in a way that is appropriate and effective for that person.

Human life is sometimes described as a "journey of learning." The problems and challenges that bring people to counselling and psychotherapy can frequently be seen on this level, as "problems of living." Obstacles, problems and issues are not personal failings, they are opportunities to learn, to develop, and sometimes to heal - in other words, to live a happier and more fulfilling life.