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AREAS OF PRACTICE

Anxiety	Grief / Loss / Bereavement	Personal Growth / Wellness
Car Accident Sequelae	Health Issues: Acute/	Stress Management
Chronic Pain / Illness	Chronic/ Terminal/	Trauma, PTSD
Depression	Life Threatening	
Family of Origin Issues (including childhood abuse)	Pain Management	

TREATMENT APPROACH

Cognitive-Behavioural (constructivist)
Mindfulness-Oriented

POPULATION

Young Adult 19-5
Adult >25

ASSESSMENT SERVICES

Legal / Insurance:
Post MVA

Pain: Chronic / Acute
PTSD

PROFILE

I specialize in providing psychotherapy to assist adults with coping and adjustment following trauma and many types of loss such as death, injury and chronic pain/illness. I have considerable experience guiding people through the natural grief/mourning processes that often accompany these difficult life events and helping facilitate the creation/discovery of new meaning and a renewed sense of purpose. In addition to challenging our coping resources, significant life transitions often offer us an opportunity to gain fresh perspective on, and reconnect with, what we most value in our lives.

In my current practice, I also address a range of adult mental health issues, including depression, anxiety and stress-related concerns. I assist individuals in identifying recurring problematic patterns in their lives and relationships and then acquiring the tools and developing the skills to help themselves alter those patterns. In a collaborative fashion, I work with people to create a personalized treatment plan with an emphasis on developing healthy awareness skills. Particular attention is devoted to building on existing strengths and personal resources and incorporating specific goals for change.

I offer a balance of support and gentle, respectful challenge; an approach that facilitates the development of increased mindfulness and self-awareness, important precursors to responding to life experiences in a skillful manner (rather than relating from automatic or habitual emotional reactions). Between-session exercises are co-created, in keeping with the philosophy (and solid research findings) that lasting change requires not only new awareness, but also regular experiential practice, in-the-moment, as we face personally challenging situations.